

1.1 Product Parameters

CPU : NRF 52832  
ECG Chip : Texas Instruments TI  
PPG Photoelectric chip : XH3313  
Bluetooth Antenna: Taiwan wave band  
ceramic antenna  
Screen : 1.22 inch Color  
Resolution : 240\*240Pixels  
Waterproof : IP67

Precautions :

- ※ Can wear this fitness tracker to wash hands, face,short time swimming in shallow water, can't touch hot water and for deep diving.
- ※ Don't throw and collide which would easy to crash r damage the device.
- ※ Don't disassemble the device by yourself which would cause it doesn't work.
- ※ Don't throw it in fire, easy to explode!
- ※ Please use it in -5°C to 45°C.
- ※ Use soft cotton flannel or glasses cloth to clean the screen, don't use soap shower gel or other detergents to clean.
- ※ This product can't use as disease diagnosis, treatment and prevention. Just for reference only.
- ※ Don't let kids or pets to touch this device in case of damage.

**Calories interface:**  
Show the current calories.

**Distance page:**  
Show the current sport distance.

**Heart rate offline detection interface:**  
Detection time will be 30 seconds, need use finger long press electrode on bracelet to measure.

**Remind :** See the data in the app

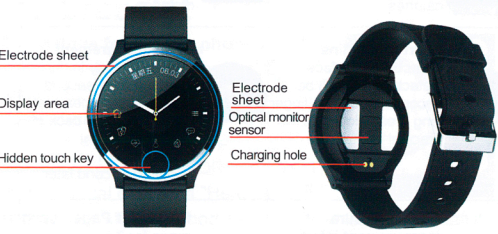
**PPG measurement interface:** Stay in this interface for 1 second, it will measure heart rate and light on the back of bracelet will light, about 10 seconds later, bracelet's shocking remind measurement to end.

**Blood pressure measurement interface:** Stay in this interface for 1 second and green light on the back of bracelet will light, about 10 seconds later, bracelet's shocking remind measurement to end.

**Power Off Page :** Long press for 3 seconds, then it will show "Yes", and then click it for 3 seconds more, it will show "Byebye" to power off, long press to power on.

**Finding interface:**  
When bracelet is connected with mobile phone, long press touch key for 3 seconds, mobile phone will ring.

Appearance Explain :



1.2 Usage and requirements

- A : Long press bracelet's touch screen to power on.  
B : Touch screen to switch bracelet's interfaces.

**Time interface :**  
Show the current time, date,week and status of blue-tooth connection.Press and hold the touch screen to switch between different interfaces.

**Pedometer interface :**  
Show the current steps.

1.3 APP download / Connect the bracelet

**Compatible for mobile phones :**  
Android system 4.4 version or iOS system 8.2 version or above ;  
**Compatible for blue-tooth version :**  
Bluetooth 4.0 version above.  
Use mobile phone scan QR code on users' manual or search "Hero band II " APP by APP store or Google Play to download and install it .

"It is suggested to use mobile browser to scan the two-dimensionalcode to download APP, and can not be downloaded directly by WeChat scan.

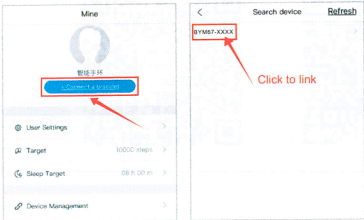


2.1 Bracelet connection

Before using bracelet ,users need register APP on mobile phone firstly .Chinese users support using mobile phone numbers to register ,foreign and Hong Kong, Macao and Taiwan regions support using e-mail to log in.  
Open APP, enter into "Mine" and click "connect a bracelet" to search a bracelet named"Hero band II " , keep mobile phone 's blue-tooth on when they are connected .

**Note:** When the phone is connected to the bracelet, it needs to keep the bluetooth of the phone open, and there is no other matching device in the bluetooth of the phone. Don't connect your android phone directly to your mobile phone in bluetooth.

In the APP 【Mine】 page to connect:



2.2.2 Lift wrsit to light up screen

Enter into 【Device Management】 turn on "Lift the wrist brighten screen" or "Turn the wrist brighten screen":

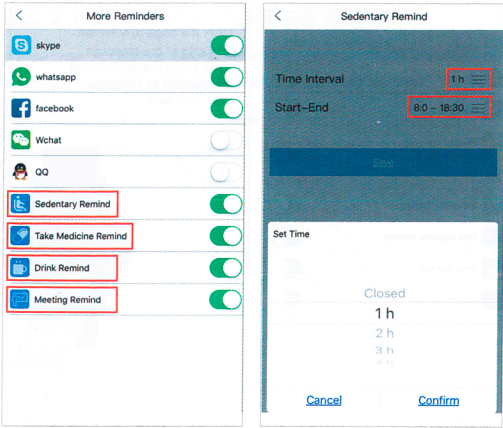
**Lift the wrist brighten screen:**  
Let bracelet watching position, keep bracelet surface in 30-85 angle to brighten screen.



2.2.3 Message Reminder

Bracelets support message notification showing on screen of Skype / Whatsapp / Facebook / We-chat / QQ / SMS and so on. Long press bracelet screen for 3second to back into main interface when bracelets received messages.

As pictures:



2.2.5 Firmware upgrade

When mobile phone was connected with bracelet, click "Firmware upgrade":  
If it upgrade failed, users need charge the bracelet and try it again.

3.2.1 Sport (Steps / Distance / Calories)

Sport / Sleep: Record the sport data and sleep time and sleep history. Click picture to enter into more detail data interface. Click calendar icon to check history data.

As following pictures:



1.3 APP download / Connect the bracelet

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Bluetooth 4.0 version above.  
Use mobile phone scan QR code on users' manual or search "Hero band II " APP by APP store or Google Play to download and install it .

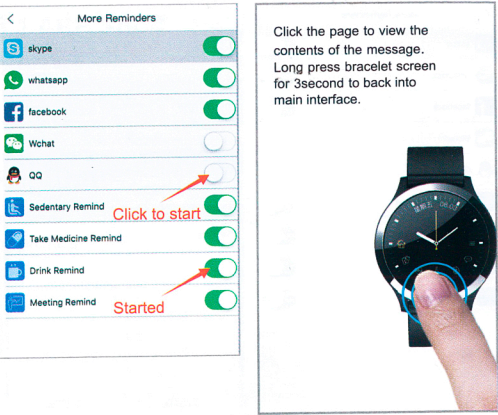
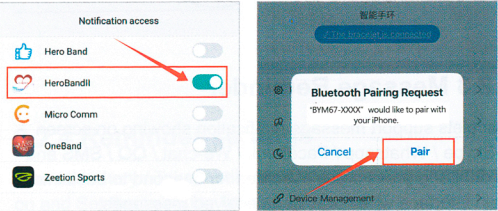
"It is suggested to use mobile browser to scan the two-dimensionalcode to download APP, and can not be downloaded directly by WeChat scan.



**\* After use this smart bracelet for a period of time, if the bracelet can't connect with the APP in a sudden, please in you cellphone bluetooth to delete all the match devices, and then go to the APP to link with the device.**

2.2.1 Notification settings

When finished connection, users enter into 【Mine】 by APP, click 【Device Management】 , and Android mobile phones to enter into this function firstly, APP will give a tips for allowing it could read mobile phone's notification permission, click confirm, then on 【Notification access】 users need turn "Hero band II " on; When iOS mobile phone connected with bracelets, it will give a tip for gaining, please allow it, otherwise bracelet will not receive notification. **As below:**



2.2.4 Reminder settings

Turn sedentary / Take medicine / Drink / Meetings remind on and Set their working time as user's need.

As following pictures:

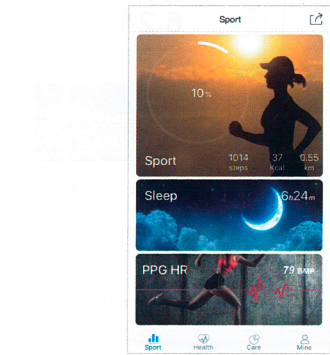
3.1 APP Sport / Health / Care

Sport / Health / Care three parts:



3.2 Sport

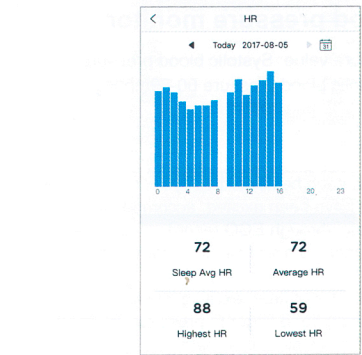
On this function, there three data of Sport / Sleep / PPG HR, As picture:



3.2.2 PPG interface will show the offline heart rate detection data.

(When mobile phone connected with bracelet, on APP, click-Mine-Device management-HR monitor), bracelet will turn this function on automatically, it will store the data for 7 days i default. When bracelet, drop interface down to sync data. Click calendar icon to check history data.

As following pictures:



3.3 Health

On this interface there are three healthy data of ECG HR / BP / ECG.

3.3.1 HR-Heart rate monitor

Normal heart rate value is 60-100 times/min, there will be a little difference between people with different age, gender and other factors.

3.3.2 BD-Blood pressure monitor

Normal blood pressure value: Systolic blood pressure 90-139mmHg, diastolic blood pressure 60-89mmHg.

3.3.3 ECG

Electrocardiogram, in each heart cardiac cycle, the pacemaker, atrial and ventricular have been excited, accompanied by changes of bio-electric, through ECG recording from the surface leads to a variety forms of electric potential changes (Short for ECG). ECG is objective indicator of heart exciting, spread, recovery process. Users use right hand finger to press electrode on bracelet, it will show the electrocardiogram.

3.4.2 One Key Measure

Open the "one key measurement" page to start the measurement, and use the right finger to touch the key on the device surface, as shown in the figure:

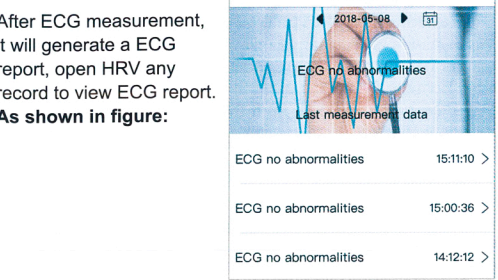


**※Precautions for during the measurement process:**

- A Keep skin closing to electrode inappropriate and stable, do not use too much strength.
- B User's body do not move, such as moving arms / tale / cough or sneeze and so on in the measurement.

**※ Confirm after end of measurement:**

If the ECG waveform is cluttered and drift heavily, it may cause the heart rate value and the measurement result to be inaccurate. Please follow the above instructions to re-measure ECG to get ECG report, then open every record of HRV to check ECG report.



**Attention:** Owing to save data needs take up a lot of brace memory, so in the offline measurement ECG heart rate data, can only save three sets of historical data, so user promptly connect the APP and sync data. If off-line measurement data is more than three sets, the subsequent test data will automatically cover the earliest historical data.

**Reminder:** In order to improve the accuracy of the test and convenience of checking the data, it is strongly recommended users use one key measurement to monitor.

3.4.5 PPG off-line measurement:

Stay in the heart rate measurement interface more than 1 second, in the heart rate measurement interface start working. At end of the test, the bracelet vibrates and displays the test results. (Such as the user skin color is too dark, PPG photoelectric test may be not accurate, it is strongly recommended users use one key measurement to monitor.)

3.5 Care / Remote view

Search friends and add them to check or share the sport data with them.

Click and check friend's sport healthy data:

**2. There is a difference between the bracelet's measure temperature and amndient temperature.**  
Bracelet is on wrist, body's temperature will affect the bracelet's measurement, so there will be a little difference.

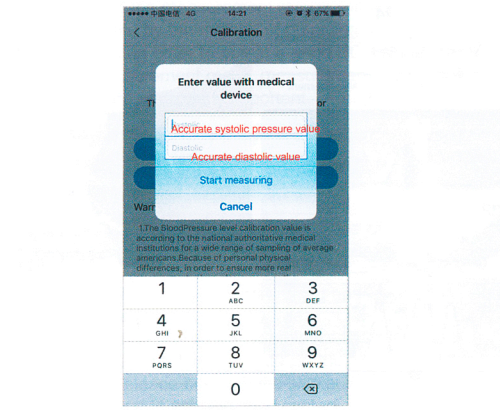
**3. Why do Hypertensive patients need do measure calibration before measurement ?**  
Experiments show that there is a linear relationship between blood pressure and calibration values, blood pressure can be estimated by calibration values, due to personality differences will lead to individual differences is relatively obvious, so patients with high blood pressure must be calibrated to measure blood pressure.

**4. Bracelet can not remind when get calls.**  
For Android mobile phones to enter into this function firstly, APP will give a tips for let it has the right of reading mobile phone's notification permission, click confirm; When iOS mobile phones connected with bracelets, it will give a tip for paifing, please allow it, otherwise bracelet will not receive notification, and on iOS mobile phone settings need allow, notification of call, SMS, We-Chat, QQ and so on.

3.4 Measure

3.4.1 Measure calibration

For the first time using the bracelet measurement, the calibration must be measured first. In order to measure data more accurately, please calibrate accurately and input your original blood pressure accurately.



**\* If it shows poor contact, please wet your wrist and finger to try again.**

3.4.3 Attention

**※ Measure ECG precautions:**  
The quality of ECG signal will greatly affect the accuracy and consistency of the measurement results, while the signal quality is limited by the method of obtaining the signal measurement. In order to obtain a good ECG signal and get a reliable measurement result, measurement methods and procedures are particularly important.

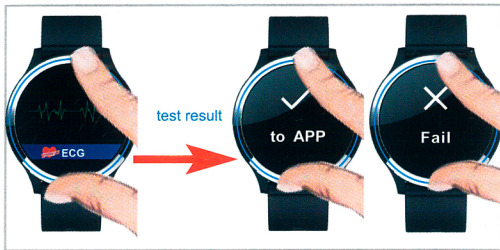
- ※ Pay attention for first time to use measurement:**  
A Wash hands with water to relieve residual charge and keep the hands moist. If it is necessary, use soap to remove grease from the skin.  
B Wipe the grease or dust from the surace of the metal electrode with a damp cloth and if it is necessary, use alcohol for cleaning.  
C Relax and sit down before measuring and let body in a comfortable posture.  
D Metal electrode should be closed with the skin, if it is possible, please rub the electrode on the skin for a while, so that the resistance between the skin and the electrode could be reduced to achieve good contact.

3.4.4 ECG off-line measurement:

Switch the bracelet to the ECG+PPG display interface, and touch the metal button for 3 seconds (see image) with the right index finger. The test will finish in 30 seconds, the bracelet will vibrates and will display a interface to tell you it finished.

**If the test is successful** (show to APP), the ECG data will be stored in the bracelet's end, and when the data is connected and synchronized with the mobile phone APP, it is uploaded to the cloud server.Users can view the test results on the mobile APP.

**If the test failed** (show Fail), please check the way you wear, whether it touch your skin, or if the skin is wet, please keep your skin wet and start the test again.



FAQ

**1. When bracelets measure data, heart rate is not accurate and ECG waveform is irregular.**  
As usual measurement, maybe electrode of bracelet with wrist is in bad connection. Please make sure electrode on the back of bracelet close to wrist. If wrist is too little to close, users need fingers press bracelet to close wrist in case of happening bad connect.

As following picture:

