USER MANUAL – H70

NOTE: Charge the watch before use.

Download the mobile application

Scan the following QR code to download and install the mobile application.

Charging and activation

Place your watch in the charging station and make sure that the metal contacts on the back of the watch are properly aligned with the contacts on the charging station. Connect the charger port to a USB connector or to a USB port on a computer.

Tip: Use a 5V 2A power adapter.
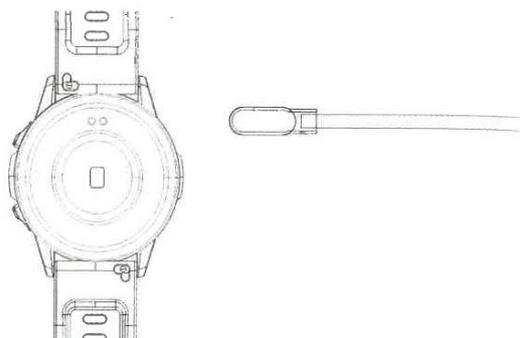
Connecting your watch

- Open the mobile application and configure your personal information.

- Switch to the "Devices" page and click "Pair devices".

Select "Settings > About" to display the MAC address. In the device list, you can identify your device by MAC address. Once your watch has been successfully paired, it will automatically connect to your phone every time you open the app from now on. You will then be able to synchronise your data by displaying the client data page.

User guide

From the main screen you can access different screens and options depending on how you scroll up, down, left or right.

1. Control centre.

2. Functions page.

3. Message list.

4. Split screen function.

Call function

Once the watch is connected to your phone, you can use it to make or answer calls. You can also view the call history of the watch. When using the call function, make sure that the connection between the watch and the phone is stable.

Basic functions

Time

The weather page shows the weather at a given time and provides information about the air quality as well as the expected weather for the next day. Weather data can only be obtained if the clock is connected to the app. If the watch is disconnected for a prolonged period of time, the weather information will not be updated.

Pulse rate (HR)

The watch can record and display your pulse in real time 24 hours a day. You can press the "Pulse" screen to measure your heart rate at any time. For data logging and analysis of other data, please refer to the client application.

Blood Pressure (BP)

You can press the "Blood Pressure" screen to measure your blood pressure at any given time. For data logging and analysis of other data, please refer to your customer application.

Sp02

You can press the "SpO2" screen to measure your blood oxygen saturation (Sp02) at any given time. For data logging and analysis of other data, please refer to the client application.

Exercise

Various exercise modes are available, including "Walking, Running, Cycling, Basketball and Football". For data logging and analysis of other data, please refer to the client application.

Settings

In the settings screen, you can view the Health and Control menu, reduce the brightness of the display; the "Theatre" mode switch can be set in the control centre of the watch.

FREQUENTLY ASKED QUESTIONS

Q1: How is the pulse measured?

The watch emits a beam of light on the skin. As the heart pumps blood, the blood vessels fill with blood. Since blood tends to absorb green light and reflect red light, the heart reflects different coloured light depending on when it contracts and relaxes. In simple terms, the watch records the pulse by detecting these reflected lights.

Q2: Why does the blood pressure measured with the watch deviate from that measured with a sphygmomanometer?

The difference in blood pressure between the watch and the sphygmomanometer is due to several factors. The sphygmomanometer measures blood pressure in the brachial artery while the watch measures blood pressure in the two main branches of the arterioles. If you use the watch and a sphygmomanometer to measure blood pressure at the same time, be aware that the blood flow in the arteries follows a centrifugal direction and that the cuff or cuff puts pressure on the area below the middle of the elbow during the sphygmomanometer measurement, so that, temporarily, the blood cannot flow freely to the arterial branches below. The increased blood pressure in the blood vessels will result in a greater deviation in the upper and lower blood pressure measurements.

Q3: How do I connect the smartwatch to my smartphone?

Before using the watch for the first time, please charge and activate it, otherwise you will not be able to turn it on.

 1. Scan the QR Code in the manual to download the "H Band" app or search for "H Band" in the app shop to download it.

2. Open H Band > Devices > Pair the device "H 70".

3. On the screen, press "Pair" to authorise the pairing request.

4. Tap "Allow" for the smartphone to show notifications.

5. Turn on Bluetooth on your smartphone and check if the H70 Bluetooth device is connected.

Note: Make sure your phone is not connected to another Bluetooth device. If so, disconnect it. This application is available for most phones with Bluetooth compatible systems. One-touch connection is compatible with iOS version 13.0 or later and Android version 5.0 or later.

Q4: How do I receive notifications on my watch?

1. Make sure you allow your smartwatch to display notifications on your phone before you connect your watch.

2. Make sure that the lock screen and notification centre strip are enabled and that the previews are always shown (default). First, make sure that your phone can receive notifications.

3. Enable push notifications from the H Band app.