

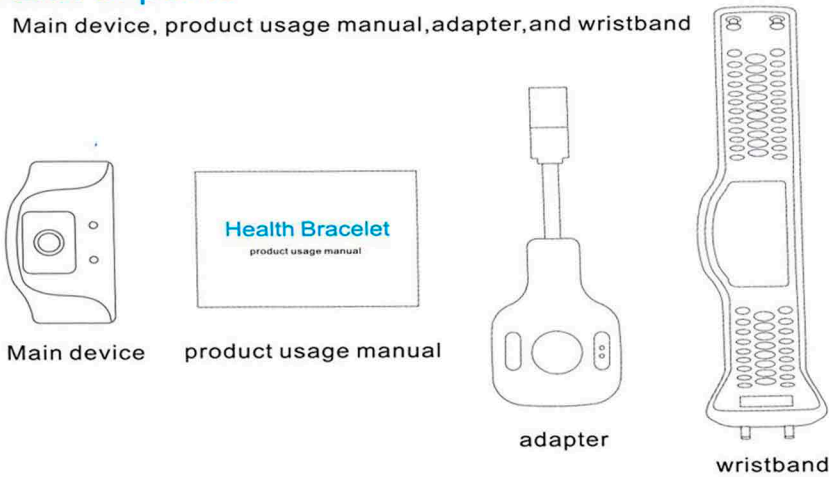
# Health Bracelet

## Product Usage Manual

Thank you for your purchasing the health bracelet, the bracelet could only use for testing heart rate, automatically monitoring sleep and sports, but was not the medical device, please read this manual user manual carefully, before you start to use it, Thank you!

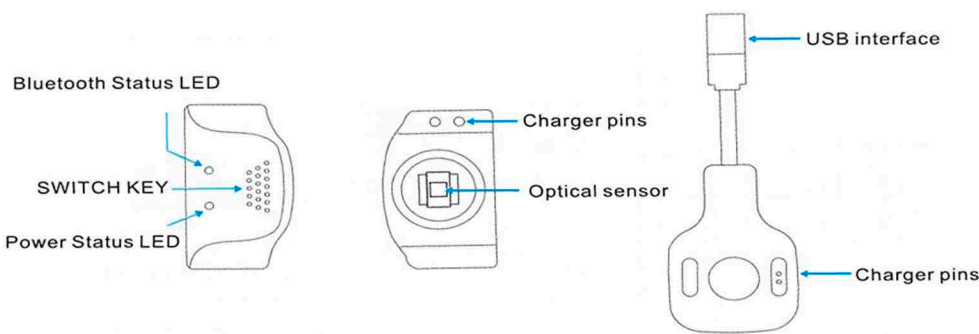
### 1 List of parts

Main device, product usage manual, adapter, and wristband



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### 2 Introduction to Functions



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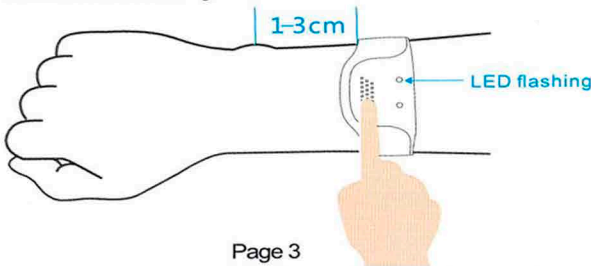
### 3 Usage step by step

#### Correct bracelet location

The following figure shows the correct bracelet location on the wrist --- there is about a distance of 1-3 cm to carpal bone. The key point is to make sure the optical sensor is contacting well with the skin surface.

#### Power-on

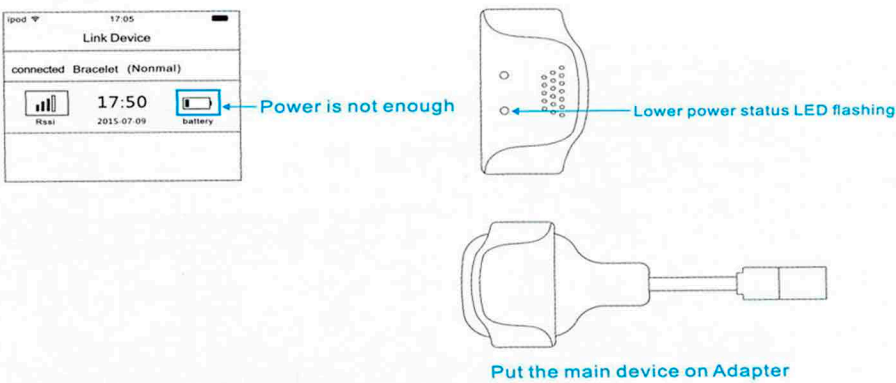
Press SWITCH KEY for about 3 seconds. Release the key after the red LED is flashing and the device is vibrating.



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#### Charging

When the power status LED is flashing intermittently or APP is showing that power is not enough, you need to charge the bracelet. It needs about 2 hours for full charging.



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#### Heart Rate Monitoring

In order to obtain precise monitoring of heart rate, please make sure the optical sensor is contacting well with the skin surface. It is suggested to keep static when measurement is running.

#### Sleep Quality Monitoring

It is noted that this bracelet could only monitor your sleep quality precisely after you have worn it correctly for 72 hours. It is noted here that there exist some deviations for the sleep data in this first 72 hours.

#### Sport Monitoring

This bracelet could only be used for calculation of the steps, mileage, and consumed calories for normal sport. It is not suitable for monitoring of strenuous exercise.

#### Waterproof

The bracelet is waterproof only for normal condition. It can't be washed by water. Remember to wipe dry the device after each excise.

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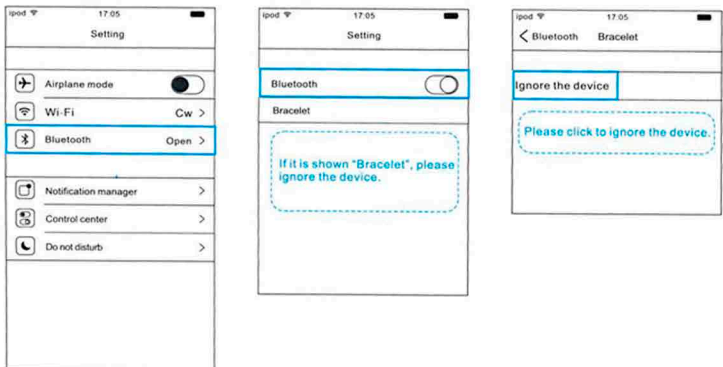
### 4 App

You could find the APP by searching "H Bracelet" in Apple App Store, or you could find it in Android Application, Baidu Assistance, 360 Assistance, 91 Assistance and Android net. Alternatively, you could download the following QR code for Apple IOS and Android App.



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1) Please open Bluetooth of your smart phone. Don't use direct connection in the phone setting. If it is connected by this way, please ignore or unpair the device.



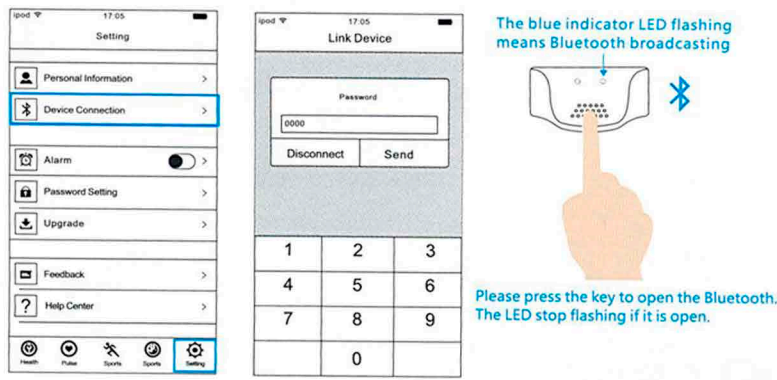
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2) Open the App for health bracelet. Please register / log in your account to access the App, and click "My Bracelet" or "Setting--- device connection".



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3) Please press once the bracelet button, you will find that the blue indicator light will flash. App will scan the bracelet which will be shown in Bluetooth device list. If you click the device name of the bracket, such as "Bracelet"; you can connect the bracelet to your smart phone. Initial password of your bracelet is "0000" which could be used for the first connection,



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4) If App show "Bracelet (Normal) or Bracelet (running)", it means successful connection.



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### Specifications

Weight: 30g  
Length of bracelet: 220mm (Normal M) or 250mm (Large L)  
Working temperature: -20 to 50 oC  
Requirements: ≥IOS 7.0 iPhone 4S/4/5c/5S/6/6 plus  
≥Android 4.3 (default) smart phone with Bluetooth  
Synchronous method: Bluetooth 4.0  
Degree of Water resistance: normal waterproof  
Battery type: lithium-polymer battery  
Material of wristband: medical silica gel