Heart rate monitor smartband
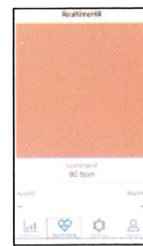
78

User Manual

Bracelet take off instruction

This product uses the most advanced buckle hole Clasp design, please refer to the Instructions as follows:

Lift the bracelet tail

how to remove it off the wrist: Lift the bracelet tail, push forward the clasp gently (DON'T push it hard, incase the clasp pinch the arm accidently)

push forward the clasp gently

Then move it backward from the hole, and remove the wristband from the circle

move it backward and take it out

01

Smartband specification

Turn on the band:
Told on touch the button for 4 seconds

UV-finish case

Touch button

Display

TPU band

Metal button

02

Quick charging

charging thimbles

charging point

heart rate sensor
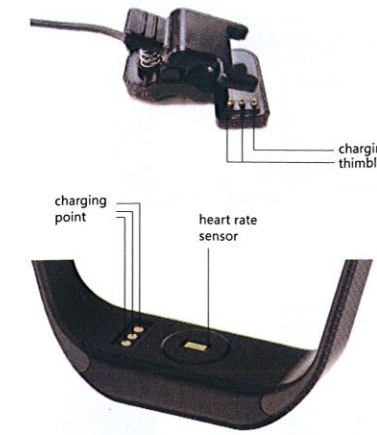
Put magnets into the charging point of the watch's caseba, quick charging is available.

03

Function Introduction

Time & Date

Battery Level   Date

01-02
04:05

Time

Heart Rate Monitor
Press and hold the button for 2 seconds to turn on or off the heart rate monitor.

Battery Level   Bluetooth Connection

00

Heart Rate

Calories

Icon   Battery Level   Bluetooth Connection

00347

Calories Burnt

Screen lighting
Press and hold the button for 2 seconds to change between auto and manual light levels.

Icon   Battery Level   Bluetooth Connection

Current Setting

Pedometer
display steps of your movement

Icon   Battery Level   Bluetooth Connection

00193

Steps

Distance
Display your movement distance

Icon   Battery Level   Bluetooth Connection

00.12

Distance in Km

Bluetooth Details

Icon   Battery Level   Bluetooth Connection

HFit
V2.17   397F

Bluetooth connect status and bluetooth name

Call & Text Notifications

How are you ?

Received Text Message

Sharon

Incoming/Missed Call

04

05

About App

1.Dashboard: your can check the data of today, yesterday data and Data Summary.(like sleeping data etc)

2.Realtime HR: check the heart rate data everytime tested

14

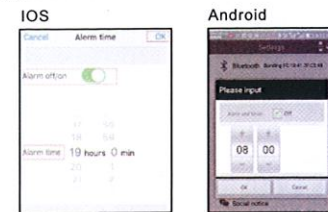**3.Stettings**

(1)bluetooth:click to find out device bluetooth name to pair, please make sure your bluetooth is open of your smart phone.

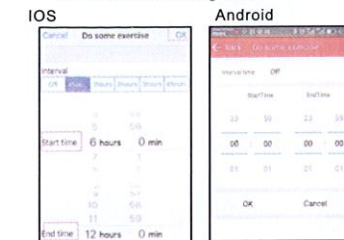(2)Sync: click to sync data from smart band (Remark:Android is Auto Sync)

(3)Alarm clock: for set alarm clock.

IOS   Android

15

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(4) Sit notification:for set notification time reminder when sit long time.

IOS   Android
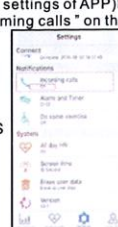
(5)Time Mode:set 24 hours mode or 12 hours mode
(6)Uite: set Metric or Imperial (android only)
(7)Device calls and messages notification (on settings of APP)For IOS Please turn on the "Icoming calls " on the APP for incoming calls reminder
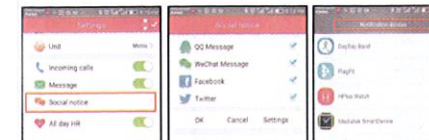
IOS

16

IOS messages reminder will reminder you aotomaticly
For Android phone:please turn on "Icoming calls "on the APP for calls reminder,will display the Caller ID. Android messages notification click "Message" on the APP
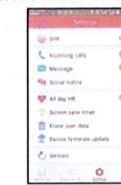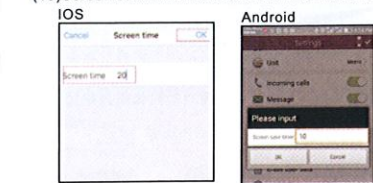
(8) Social notice:(Android)
click "Social notice(turn on the APP you want to notice)--- Stettings---Notification access (turn on "Hplus Watch")---OK

17

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(9)All day HR:turn on will start to test heart rate every 10 minutes
(10)Screen save time:set the save time of smart band.

IOS   Android

18

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(11)Erase user data: Erase the data on the smart band

IOS   Android

(12)Device firmware update:update firmwave device
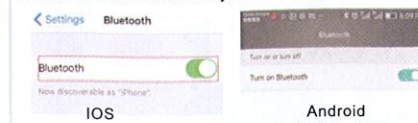(13)Version: check the current version
User Info: set the information of the user.

UserInfo

Goal
Height
Weight
Age
Gender
BMI

19

Firstly need bluetooth pair

1. turn on the bluetooth of your mobile phone

IOS   Android

2. scan or log in the below link to download the APP (Hplus Watch)in your Android or IOS mobile phone.

Android
http://fir.im/hplus

Google Play
http://play.google.com/store/apps/details?id=com.richtechie.hplus

Apple Store
http://itunes.apple.com/us/app/hpluswatch/id1021512165?1=zh&1s=1&mt=8

IOS   Android

3. open the APP , go to "Stettings" menu click :"Bluetooth" to find your device bluetooth name to pairing.(for the bluetooth name please turn to the device home screen to check,like 1B9F)

IOS

Android   Android

4. After the device pairing with smart phone , on the APP you can (set the App function on the Settings menu

---

How to disconnect bluetooth

IOS:
1.on the APP ---settings ---click "Bluetooth" ---down pull the page

2.then turn to the settings of the SMART PHONE ---Bluetooth--- "Forget This Device"

Android
1.on the APP ---settings ---click "Bluetooth"---"Are you sure remove this device"---OK
2.Turn to the settings of the SMART PHONE ---Bluetooth-- "unpair"

Specification

Size :230mm × 20 mm
Weight : 20g
Waterproof :IP67 (support take shower or swimming)
Battery : Li-battery
Capacity :150mAh
charging : 5V
System : Android4.3 and above, ios7.0and above.

The information above is only for reference, the company reserves the right to amend this manual without any prior notice.No replica is allowed without the company's permission.

NOTE:

1.Time and date sync
After the device has been connected successful with your phone, the time will auto synchronize correctly with your phone.if not Select "Sync" in App to allow synchronous data:

2. how to reset to factory–default:

please turn the wristband to the Turn-On/Off menu (as shown), long-prss the button, and release it untill it appears "Hplus" (Note: please remain long-press if it shows "goodbye-welcome-goodbye-Hplus" , it is done only if it shows "Hplus")

Figure 1

3. how to turn on/off the All-Day Heart-Rate mode:
How to Turn on:
All-Day Heart-Rate can ONLY be turned on from cellphone APP, which bluetooth conecting with the wristband. All-Day Heart-Rate is power-saving mode, monitor the hear-rate every 10 mins.. the green light will be on and monitor, the green light will off after monitoring.

How to Turn off:
All-Day Heart-Rate can ONLY be turned off from cellphone APP, which bluetooth conecting with the wristband.
if the cellphone dis-connect with wristband or cellphone get lost, we NEED to reset to factory-default (see the insturction 1)

4. how to bluetooth connect to another wristband in one cellphone (or how one wristband change to connect with several mobile phone:)

if one cellphone need to bluetooth connect to another wristband or one wristband need to bluetooth connect to another mobile phone (while it connected one before), please go to APP- System Settings - Bluetooth device, and do 3 steps as belowed:
(1) un-binding the bluetooth connection with before wristband by slide the screen,
(2) ignor or delete the bluetooth of before wristband from mobile phone settings-bluetooth
(3) reset the before wristband to factory-default (see the insturction 1)

if only reset to factory-default but without un-binding, the wristband will continue switching to "Hplus" and main menu..
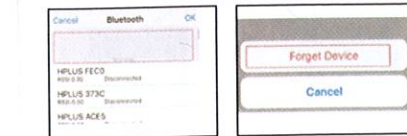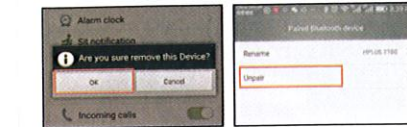

FAQ(change pairing to another smart plone)

QUESTION 1. Change to another phone smart band can not be connected
Answer: Because of the smartband with the mobile phone had binding data before, need to remove data connection
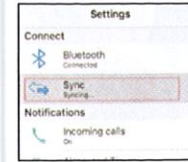
Remove data connection steps:

1,Please turn off Hplus Watch APP on the smart phone
2,smart phone —setting---bluetooth—delete the H3 smart band bluetooth(which had connected before)
3, turn to the turn off display screen, long press touch buttom 10 seconds, untill appear HPLUS. Now you can see the time is 8:20.means finished the
remove data connection (process shows:turn off --turn on --- turn off----Hplus)

Long press touch buttom 10 seconds
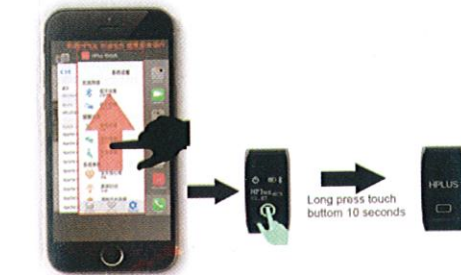
Data and time Synchronism

On the App-- settings --Sync--(before your
check the data on the "Dashboard"
please make sure Sync the data on settings
of the APP) for Android phone Data Sync
automatically

Settings

Connect

Bluetooth
Connected

Sync
Syncing

Notifications

Incoming calls
On

Auto Sreen lighting:

please kindly know from 0： 00am to 6:00am.devices
default to turn off automatic bright screen ,
avoid to disturb your good dream.

Better way wear smart band.

It will be better if your wear the smart band on your
left hand ,1.5cm after styloid process of ulna,and please
make sure the heart rate sensor close to your skin
(means do not too loose)

Sleeping monitor

Device will automatically monitoring sleeping quality
from 21:00pm ----9:00am

Realtime heart rate monitoring

♥ □□   Long press button B for 2 seconds to start/stop realtime heart rate monitoring at such interface.

♥ □□   This shows realtime heart rate monitor is on, heart rate data will display after 15 seconds.Wait until it starts.

♥ 82   Realtime heart rate data display

> Long press button B for 2 seconds
> at heart rate display interface to
> start realtime heart rate
> monitoring, waving heart(♥)
> icon shows real-time heart rate
> monitoring is on. Pressing button
> B for 2 seconds again to stop
> monitoring.

Realtime Heart Rate VS All-day Heart Rate

Realtime Heart Rate: Heart rate monitor will keep working
when Realtime Heart Rate is started and green light could
be seen through caseback.
(Timely closing the Realtime Heart Rate function is suggested
for low power-consumption)

On ： Realtime heart rate interface   ♥ □□

Off ： Realtime heart rate interface   ♥ □□

All-day Heart Rate: When All-day Heart Rate is started on APP,
heart rate monitor will work every ten minutes and green light
could be seen through the caseback.
(All-day Realtime Heart Rate funtion consumes more power.)

On ： All-day Heart Rate interface   ♥ □□

Off ： All-day Heart Rate interface   ♥ □□

All day heart rate only can turn on on the App

QUESTION2.smart band repeat turn on at the first
bluetooth connect or second time bluetooth connection
(after remove data connection)

Answer:smart phone firt time connection or after remove
data connection will still reminder to connect with smart
band after disconnect.So if not paired , will repeat reminder
to pair to the last smart phone which connected before

Steps to deal with this:
1,Please turn off Hplus Watch APP on the smart phone
2,smart phone- setting - bluetooth -delete the smart band
bluetooth(which had connected before)
3,Reopen Hplus Watch APP connect bluetooth again.

QUESTION3:connected but not reminder and display the
messages
Answer:because smart band had binding data of the last
smart phone

Steps to deal with this:
1,turn to the turn off display screen, long press touch
buttom 10 seconds, untill appear HPLUS. Now you can see
the time is 8:20.means finished the
remove data connection (process shows :turn off-- turn on--
- turn off----Hplus)
2,open Hplus Watch APP, connect bluetooth again.Android
smart phone need to back to the Hplus Watch Settings -
Social notice --- setting--- turn on Notification access
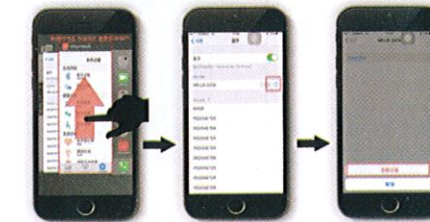
HPLUS

Long press touch
buttom 10 seconds

QUESTION4: bluetooth connected but data not synchronism
Answer:when bluetooth connect with the smart phone, first
time synchronism
Because of the unstable bluetooth or too far away between
the smart phone and the smart band.

1,Please turn off Hplus Watch APP on the smart phone
2,smart phone- setting - bluetooth -delete the smart band
bluetooth(which had connected before)
3,Reopen Hplus Watch APP connect bluetooth again.