



Getting Started Guide

M5, open your sports life

1. Description of the appearance

Accessories: mainframe x1, charge cable x1, wrist strap x1, Getting Started Guide x1

Viewing screen



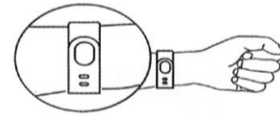
Wrist strap

2. Assembling and wearing

a Pick out the mainframe and wrist strap of the bracelet.



b Fix the wrist strap into the bracelet and adjust the strap to the appropriate tightness.



3. APP installation instructions

You can search the "HI band" in the android app store or Apple APP Store or scan the following QR code to download and install the APP.



4. The instruction of bracelet binding

a Open the APP and complete the user registration information



b After the registration landing, finish the device binding according to the operating instructions



5. Instructions for the first use

- a. When you use the bracelet for the first time, you need to press the side key for a relatively long time to start up.
- b. If the long press on the side key can't make the bracelet start up, please make sure if the battery has electricity.
- c. If the battery has no electricity, please use the matched charger to have the battery charging.
- d. When the bracelet is started up, you need to bind the HI Band synchronization time successfully.
And then the bracelet will record your exercise and sleep status automatically. Just use it!

6. function instruction

a. Exercise step calculation

It can calculate the exercise steps, walking time, exercise mileage and calorie consumption.

b. Sleep monitoring

It can monitor the sleep quality and count the deep sleep and light sleep time.

c. Health measure, One-Key examination (Can't be used as the medicinal machine)

Click the one-key examination in APP. Start measuring the heart rate, blood oxygen, blood pressure and fatigue.

Measuring time is 30S. When the test is completed, the heart rate value/blood oxygen value/blood pressure value/fatigue value will be displayed and updated to the heart rate measurement interface;

d. Health measure, heart rate examination (Can't be used as the medicinal machine)

Click the heart rate examination in APP. Start measuring the heart rate. Measuring time is 30S. When the test is completed, the heart rate value will be displayed and updated to the heart rate measurement interface;

e. Health measure, blood oxygen examination (Can't be used as the medicinal machine)

Click the blood oxygen examination in APP. Start measuring the blood oxygen. Measuring time is 30S. When the test is completed, the blood oxygen value will be displayed and updated to the blood oxygen measurement interface;

f. Health measure, blood pressure examination (Can't be used as the medicinal machine)

Click the blood pressure examination in APP. Start measuring the blood pressure. Measuring time is 30S. When the test is completed, the blood pressure value will be displayed and updated to the blood pressure measurement interface;

g. Health measure, fatigue examination (Can't be used as the medicinal machine)

Click the blood oxygen examination in APP. Start measuring the fatigue. Measuring time is 30S. When the test is completed, the fatigue value will be displayed and updated to the fatigue measurement interface;

h. Alarm Clock

It can offer the reminding of alarm Clock, phone call, QQ, WeChat, message and sedentariness.

i. Remote control of taking photos

It can support the telephone to take long-distance pictures.

c Calorie viewing screen: It can show the exercise energy of the day



Press the side key to enter the viewing screen of mileage

d Mileage viewing screen: It can show the exercise mileage of the day



Press the side key to enter the viewing screen of heart rate

e Heart rate Screen: Displays the current heart rate



Press the side key to enter the Sleeping viewing screen; to start heart rate measurement by press the side key for a relatively long time; Press the side key for a relatively long time to stop the heart rate measurement

f Sleeping viewing screen: It can show the sleeping time of last night



Press the side key to enter the viewing screen of picture

g Picturing viewing screen: remote controlling the APP to take pictures



Press the side key for a relatively long time to remote control the APP to take pictures; press the side key to enter the shutdown viewing screen

h Shutdown viewing screen: to control the shutdown of the bracelet



Press the side key for a relatively long time, the bracelet will show the animation of the shutdown; press the side key to enter the home screen

Essential parameter

Product model: M5
External dimension: 42*21*13mm
Strap Technology: silicone material
Band length: 150-210mm

Battery capacity: 60mAh
Battery type: Lithium Polymer
Synchronization: Bluetooth 4.0
Waterproof level: IP54

Device Requirements: Run Android 4.3 and above systems, Bluetooth 4.0 and above; running iOS7.0 and above systems Phone4s / 5 / 5s / 5c / 6 / 6Plus / 6s / 6s Plus / 5SE

7. The instruction of bracelet operation

After the bracelet is bound successfully, it starts to record and analyze your exercise, sleeping condition immediately.

a Home Screen: show the synchronization time, date, electric quantity and Bluetooth status of mobile phone



Press the side key to enter the viewing screen of total steps

b Total steps viewing screen: It can show the total steps of the day



Press the side key to enter the viewing screen of calorie

Thank you for your purchase!
On the road of your health, M5 will go with you hand in hand.

Disconnect way: Unbind the bracelet first in APP, then 'Ignore this device' in Setting-Bluetooth.