Smart band User Guide

Instructions

1.Basic Layout

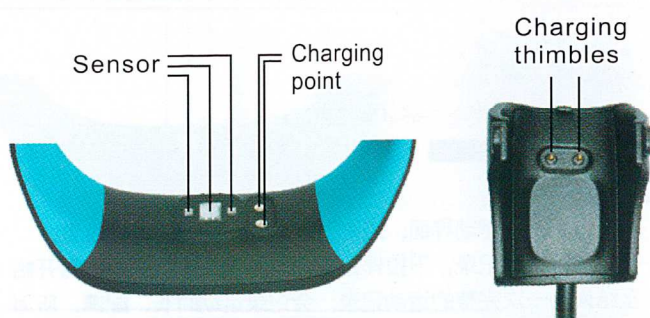Touch button

Display

Band

UV-finish case

Metal button

2.Charging the Device

Please charge the device before use the smart bracelet.
Charger:Voltage 5V
Charge time: about 2 hours
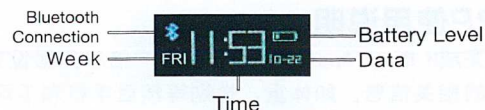Please make sure the charging thimbles match the points well.

Sensor

Charging point

Charging thimbles
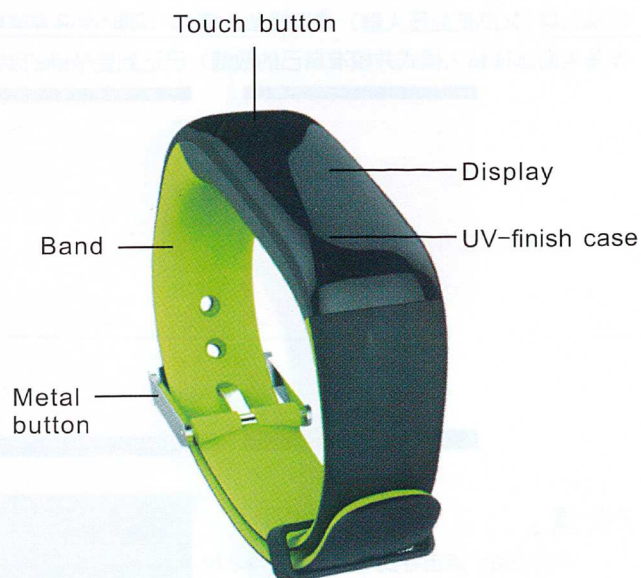
3.Function

3.1.Time & Date

After the device has been connected via bluetooth successful with your phone, the time will auto synchronize correctly with your phone.

Bluetooth Connection

Week

Battery Level

Data

Time

3.2.Blood Pressure Monitor

pressing the touch button turn to the blood pressure screen get start.and the icon will flicker(please stay still when test the blood pressure) if you need save the data of test result please operate this function by APP. Manual start this function on the device the data will not save on the APP.

Icon

blood presure
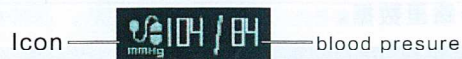
3.3.Heart Rate Monitor

Cycle through to the heart rate page then get start , and the heart rate icon will flicker.it will be better to wear the smart bracelet on your left hand,1.5cm after styloid process of the ulna, and please make sure the heart rate sensor close to your skin.Manual start this function on the device the data will not save on the APP. On App there will show your heart rate data every 30 minutes tested by device automatically

Icon

Heart Rate

3.4.Pedometer

Icon

Steps

3.5.Distance

Icon

Distance in Km

3.6.Calories

Icon
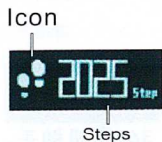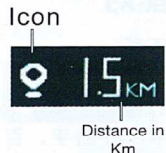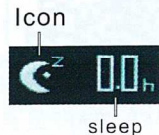

Calories

3.7.Sleeping Monitor

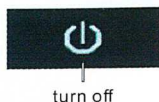Device will monitor sleeping data automatically,please check the sleeping detail data on App Dashboard

Icon

sleep

3.8.Horizontal and Vertical Screen

Press and hold for horizontal and vertical level screen change
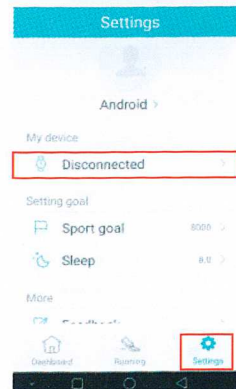

screen change

3.9.Turn Off Screen

Press and hold to turn off.

turn off

4.Bluetooth Paring

1.turn on the smart bracelet.
2.Turn on the Bluetooth of your smart phone.
3.Download H Band App in your smart phone by scan the below QR code
4.Taping the Device on the setting of the App, then the devices bluetooth name will appear, select to get pair.

After Bluetooth paired there will be a Bluetooth icon appear on the Date and time screen.

4.1.Bluetooth Remove

1. delete the bluetooth on the APP
2. Turn off the App on the smart phone
3. Remove the bluetooth on the setting of the smart phone.

5.How to use APP

After install H Band App,you may required to fill your personal information such as gender、weight etc.Then please connect smart bracelet via bluetooth (please reference to the Bluetooth Paring steps)

6.Dashboard:

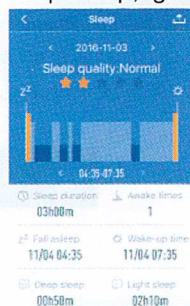you can check all data here, today, yesterday and data summary.

6.1.Step：

Tap to check Steps Distance/Calorie data.
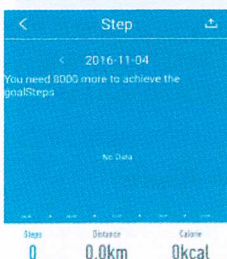
6.2.Sleep

Tap to check sleeping data here (such as sleep duration , deep sleep,light sleep etc)

6.3.Heart Rate:

(1)Check your all day heart rate data.which record your heart rate data every 30 minutes by device automatically.
(2)Tap + icon to get start heart rate function on device.


6.4.Running:

tap to get start the movement, and allow get your position, pull down the page, you can tap stop to finish record . Each start and stop is a complete record of the movement, record including the activity time, speed, calorie, moving routes etc.
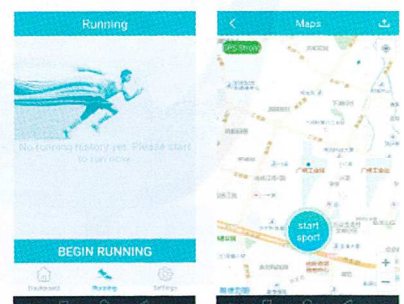
6.5.Blood pressure

Tap + icon get start heart rate function.(please stay still when test the blood pressure) after finish test you can select save to store data for reference.

There is two BP test mode: Normal and Personal. Generally please select Normal mode and select on My Device of Normal mode on settings at the same time.If special person(hypertension or hypotension) please select Personal mode ,and select on My Device of Personal mode and set your data as well on settings at the same time.
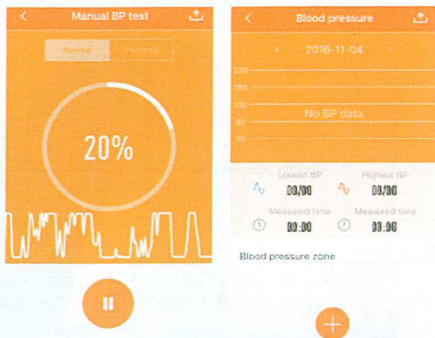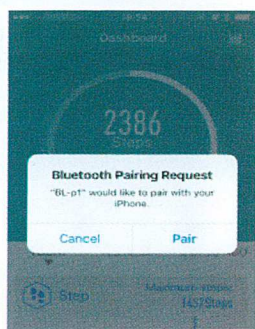

7.Settings:

(1)My device:Tap to find device name to get paired.

(a)Message notification:select the notification of phone calls and messages.

(Paring request appears on APP when bluetooth connected with IOS system smart phone,please select "pair"to get messages push on the smart watch,select "no" for no need messages push.)

(b)Alarm: Set alarm clock.

(c)Outsit setting: set sedentary remind

(d)After turn on this function the data on the app can be uploaded to the cloud.

(e)Night Turn-wrist: turn on this function ,automatic screen light will work during night.

(f)Wear detection: turn on this function device will detect whether device wear on the wrist or not ,when green light sensor test data, if device not wear on the wrist device will stop test.

(g)BP test mode: please select Normal and Personal according with blood pressure test on Dashboard.

(h)Reset password: you can reset password to set the device be your personal use.(means other mobile phone can not connect with your device.)if you forget the password, please on the device sleep screen press and hold till device Vibration then the password will be reset to original 0000.

(i)Firmware upgrade: upgrade firmware

(2)Sport goal: set the steps goal of per day.

(3)Sleep:sleep suggestion from personal data.

(4)Feedback: you can leave messages of the feedback of APP

(5)About us : the vision

Note: the device green light sensor Automatic light every 5 minutes (for detect and collect sleeping monitor and heart rate date)

Specification

Chip:Nordic 51822	Support system: IOS 8.0 or above,
Display: OLED 0.86''	Android 4.3 or above
Battery :90mAh	Heart rate monitor:support
Waterproof:IP67	Blood pressure:support
Stand by time : 5 days	Auto screen light: support
	Bluetooth:4.0