

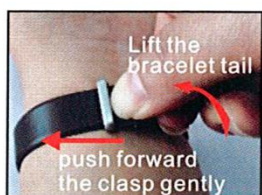
SMART BRACELET V079 - AK-19 PLUS

USER'S GUIDE

Bracelet take off instruction



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



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 accidentally)

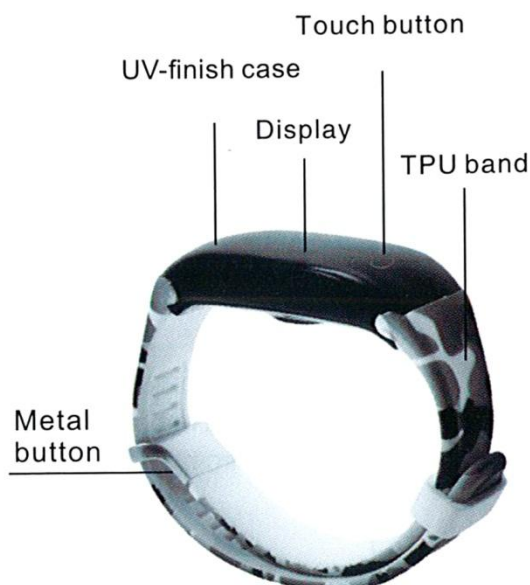


Then move it backward from the hole, and remove the wristband from the circle

01

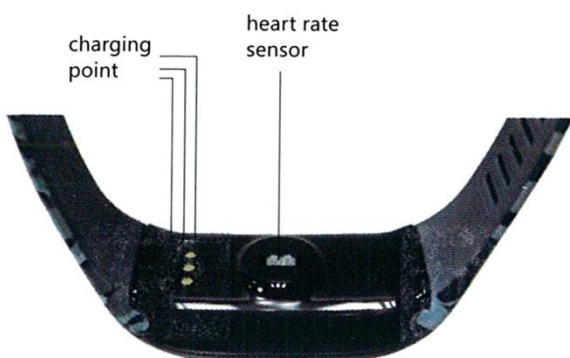
Smartband specification

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



02

Quick charging



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

03

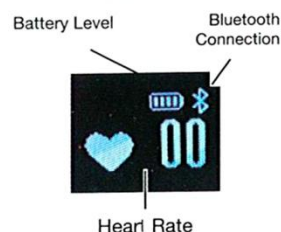
Function Introduction

Time & Date



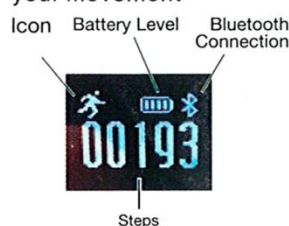
Heart Rate Monitor

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



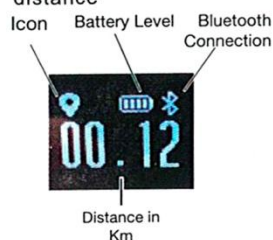
Pedometer

display steps of your movement

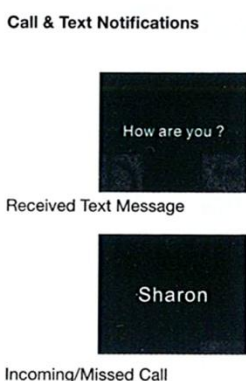
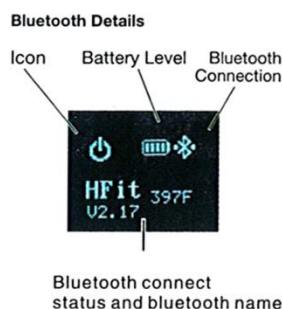
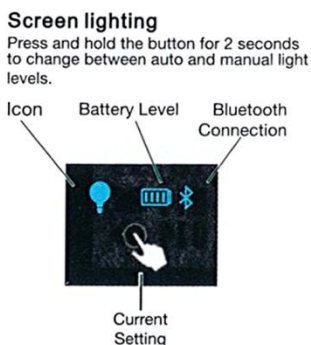


Distance

Display your movement distance



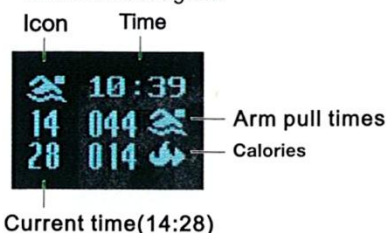
04



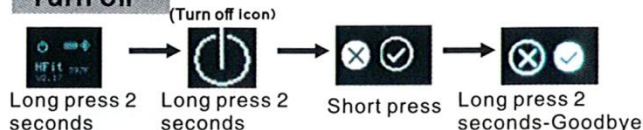
05

Swimming

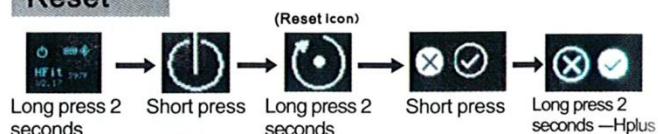
- When starting swimming mode, the band will lock on the swimming page and please keep motionless for 5 seconds then long press the button if want to quit from this mode
- The first 6 arm pull will be recognize the swimming stroke, the band will start record after 6 times
- Attention: when the band long time not connect with mobile, please make sure to restart APP and mobile bluetooth, then connect again.



Turn off



Reset



Back to main menu



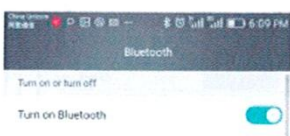
06

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>



IOS

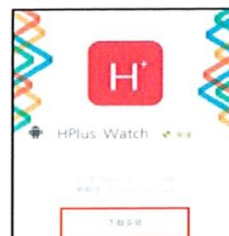
Apple Store

<http://itunes.apple.com/us/app/hpluswatch/id1021512165?l=zh&ls=1&mt=8>

IOS

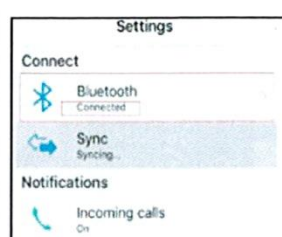
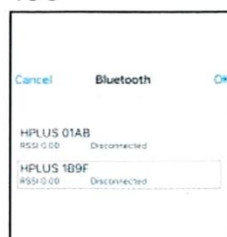


Android



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



07

08

Android



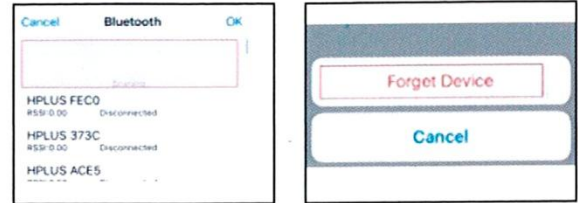
4. After the device pairing with smart phone , on the APP you can (set the App function on the Settings menu

09

How to disconnect bluetooth

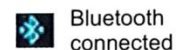
IOS:

- 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

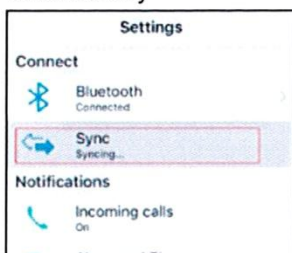
- 1.on the APP ---settings ---click "Bluetooth"---"Are you sure remove this device"---OK
- 2.Turn to the settings of the SMART PHONE ---Bluetooth-- "unpair"



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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 automaticly



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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.

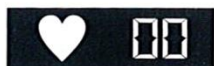
It will be better if your wear the smart band on your left hand ,1.5cm after styloid process of ulna,and please make sure the heart rate sensor close to your skin (means do not too loose)

Sleeping monitor

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

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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.



Realtime heart rate data display



Long press button 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 for 2 seconds again to stop monitoring.

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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 function 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

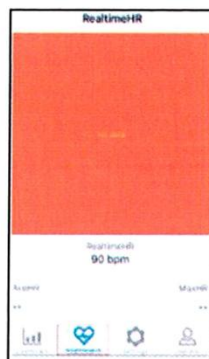
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About App

1. Dashboard: you 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



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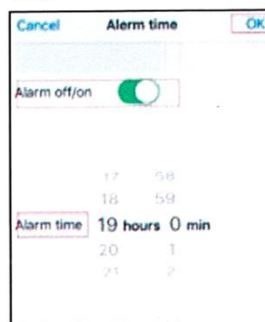
3. Settings

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

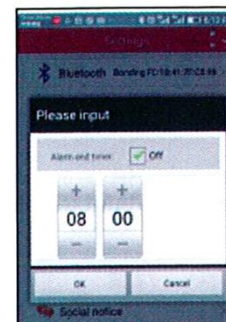
(2) Sync: click to sync data from smart band (Remark: Android is Auto Sync)

(3) Alarm clock: for set alarm clock.

IOS



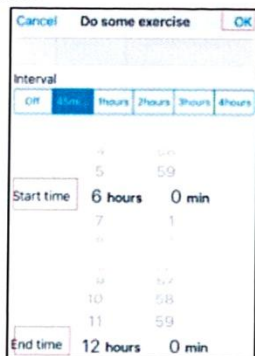
Android



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

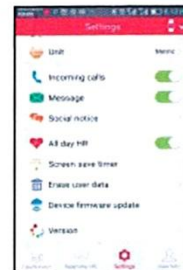
IOS



Android

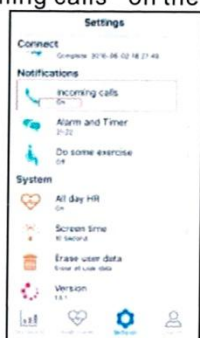


IOS messages reminder will reminder you automatically
For Android phone: please turn on "Incoming calls" on the APP for calls reminder, will display the Caller ID.
Android messages notification click "Message" on the APP



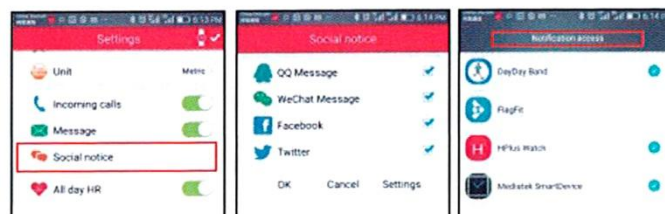
- (5) Time Mode: set 24 hours mode or 12 hours mode
(6) Uite: set Metric or Imperial (android only)
(7) Device calls and messages notification (on settings of APP) For IOS Please turn on the "Incoming calls" on the APP for incoming calls reminder

IOS



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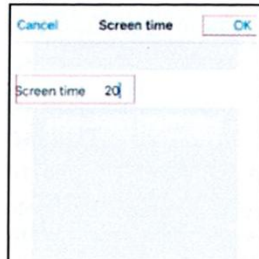
- (8) Social notice: (Android)
click "Social notice" (turn on the APP you want to notice) --- Settings --- Notification access (turn on "Hplus Watch") --- OK



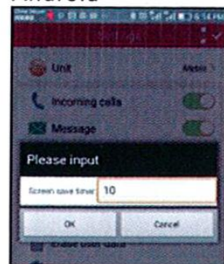
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- (9) All day HR: turn on will start to test heart rate every 10 minutes
(10) Screen save time: set the save time of smart band.

IOS

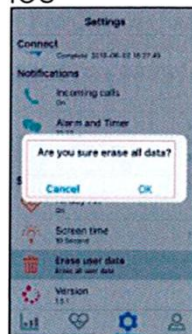


Android

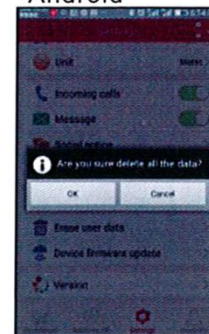


- (11) Erase user data: Erase the data on the smart band

IOS

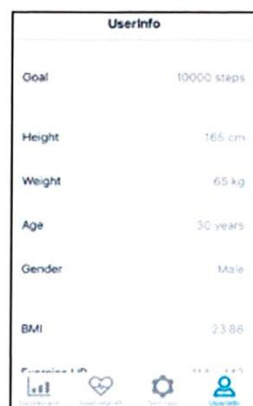


Android



- (12) Device firmware update: update firmware device
(13) Version: check the current version

User Info: set the information of the user.



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Specification

Size : 230mm × 20 mm

Weight : 20g

Waterproof : IP67 (support take shower or swimming)

Battery : Li-battery

Capacity : 150mAh

charging : 5V

System : Android 4.3 and above, ios 7.0 and 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.

NOTES:

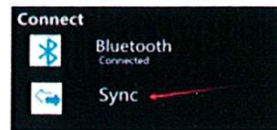
Attention:

- When starting swimming mode, the band will lock on the swimming page and please keep motionless for 5 seconds then long press the button if want to quit from this mode
- The first 6 arm pull will be recognize the swimming stroke, the band will start record after 6 times

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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 ON/OFF page, Long-press the button, and short press to reset menu, then long press, choose the hook, and long press the hook until it appears "Hplus watch" (after factory reset, the band time will be 8:20)

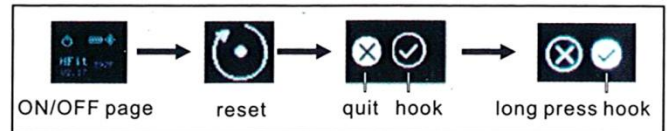


Figure 1

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 connecting 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.

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How to Turn off:

All-Day Heart-Rate can ONLY be turned off from cellphone APP, which bluetooth connecting with the wristband.

if the cellphone dis-connect with wristband or cellphone get lost, we NEED to reset to factory-default (see the note 2)

FAQ(change pairing to another smart phone)

QUESTION 1. Change to another phone smart band can not be connected

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

QUESTION3: connected but not reminder and display the messages

QUESTION4: bluetooth connected but data not synchronism

All above 4 questions because smart band still binding data of the last smart phone. please do as following steps

Step 1: turn off bluetooth of the smart phone.

Step 2: turn off background running APP.

Step 3: get bluetooth pair again

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