SMART WATCH H2 - USER'S GUIDE
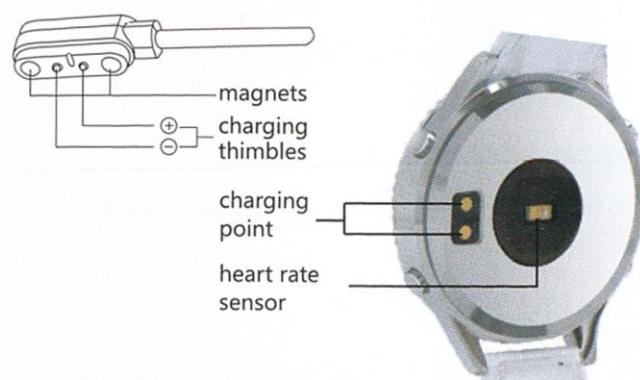
Basic Layout

strap

screen

button

clasp

Charging the Device

Please charge the device before use the smart watch.
Charger:Voltage 5V,electric current 300AM-1000MA
Charge time: about 2 hours
Please make sure the charging thimbles match the points well.

magnets

⊕ charging
⊖ thimbles

charging point

heart rate sensor

Turn the Device On/Off

Press and hold the touch button for 4 seconds to turn on the smart band, to turn off the smart band return to the home screen and press and hold the touch button for 4 seconds.

Reset

Return to the home screen then press and hold the button until it shows Hplus to fully reset the smart band.
The cycle will be :Off >On>Off>Hplus

Time & Date

After the device has been connected successful with your phone, the time will auto synchronize correctly with your phone,if not please select "Sync"in the App to allow synchronous data

Connect
Bluetooth
Sync

Time

13 25

Mon 09-08

weeks   Date
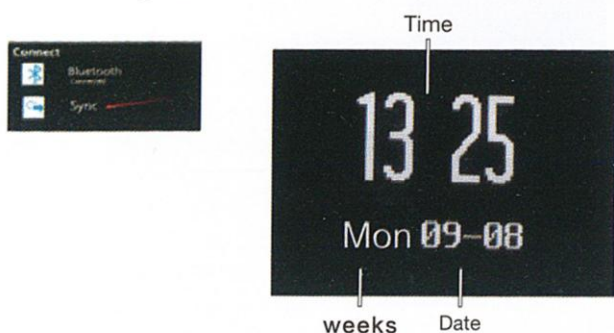
Heart Rate Monitor

Cycle through to the heart rate page long press and hold the button 2 seconds to turn on/off the heart rate monitor.it will be better to wear the smart watch on your left hand,1.5cm after styloid process of the ulna, and please make sure the heart rate sensor close to your skin.

Heart Rate ♥ 000 Heart Rate data

Pedometer

Icon 👣 01599 Steps

Distance

Icon — 📍 00·00 — Distance in Km

Calories

Icon — 🔥 00801 — Calories Burnt

Woman calendar

Fill personal date in the APP UserInfo, the band will records the date and calculate 3 different periods of woman physical date, 3 status will be display as following:

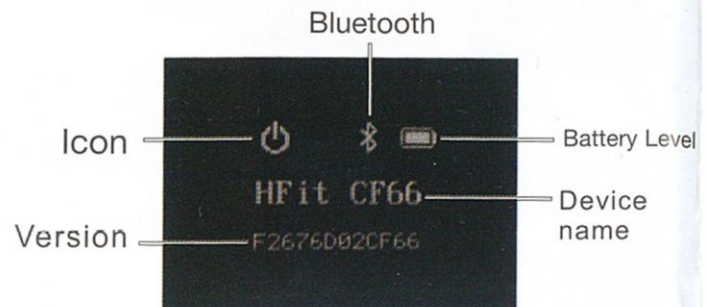| 09·07 09 10	09·05 09·14	09·02 09·12
menstrual period	safety period	ovulatory period (dangerous period)

Home Screen

Bluetooth

Icon — ⏻ ✳ 🔋 — Battery Level

HFit CF66 — Device name

Version — F2676D02CF66

Bluetooth Paring

1. turn on the smart watch.
2. Turn on the Bluetooth of your smart phone.
3. Download Hplus Watch App in your smart phone by scan the below QR code

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&ls=1&mt=8

IOS

1. Taping the Bluetooth on the setting of the App, then the devices bluetooth name will appear, select to get pair.

✳ bluetooth disconnected

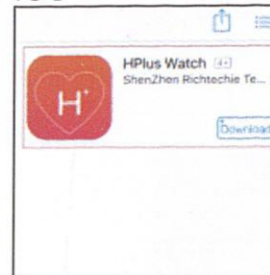✳ bluetooth connected

IOS

HPlus Watch
ShenZhen Richtechie Te...
Download

Android

H+

HPlus Watch
2.6.5 (Build 70) - 3.70 MB
更新于 2016-05-29 10:29
下载安装

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.

How to use APP

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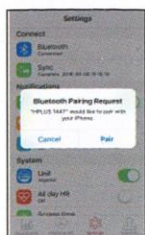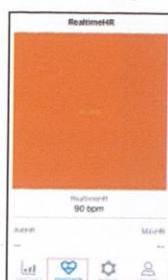Then please connect smart watch via bluetooth(please reference to the Bluetooth Paring steps)

1.Dashboard:
your can check all data here, today, yesterday and data summary.like distance,steps,calories,heart rate and sleeping monitor data etc.

2.Realtime HR:
recording your heart rate tested data.

3.Stettings

(a)bluetooth:tap to find out device bluetooth name get pair, please make sure your bluetooth is open on your smart phone.
(b)Sync: click to allow sync data from smart watch(Android will Auto Sync)
(c)Alarm clock: set alarm clock.
(d)Sit notification:set for notification time reminder when sit long time.
(e)Time Mode:set 24 hours mode or 12 hours mode
(f)Uite: set Metric or Imperial (android only)
(g)Incoming calls: turn on this function for incoming call reminder
h)Message Push
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.
For Android system smart phone, turn on Message function to get message push.

(i)Social notice:tap"Social notice(select the social APP you want to notice)--- Stettings--- Notification access(turn on "Hplus Watch")
(j)All day HR:turn on this function will test your heart rate every 10 minutes
(k)Screen save time:set the screen save time of smart watch
(l)Erase user data: Erase the data on the smart watch
(m)Device firmware update:update firmware device
(n)Version: check the current version

4.User Info:
set the information of the users.

Note
Please stop using it when any discomfort symptoms happen.
**Palming bright screen(Auto screen light)**
from 0:00am to 6:00am devices default turn off auto screen light avoid to disturb your good dream.
Sleeping Monitor
Device will automatically monitoring sleeping quality from 9:00pm---- 9am, it is better check the sleeping data after 9:00 on the App dashboard.

Real Time Heart Rate & All Day Heart Rate
Long press and hold the touch button to turn on/off the real time heart rate on the device, when heart rate turn on the icon flickering.(the heart data will display after 30 seconds)
All day heart rate only can turn on /off the App, After all day heart rate turn on ,heart rate function will work every ten minutes, please kindly know all day heart rate consumer more power, and please make sure all day heart rate had been turn off when you want to remove bluetooth connection from the mobile phone.
On:All day heart rate interface
Off:All day heart rate interface

FAQ(change paring to another smart phone)
QUESTION 1:change to another smart phone smart watch can not be connected.
QUESTION 2:change to another smart phone smart watch repeat restart.
QUESTION 3:change to another smart phone bluetooth connected but data not synchronism.
QUESTION 4:change to another smart phone bluetooth connected but messages not reminder and display.
All above 4 questions because smart watch 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 APP.
Step 3:to get bluetooth pair again

Specification
Chip:Nordic N51822
Display: OLED 0.95"
Battery :150mAh
Stand by time : 5 days
Waterproof level:3ATM
Support system: IOS 8.0 or above,Android 4.3 or above
Heart rate monitor:support
Message push: support
Auto screen light: support