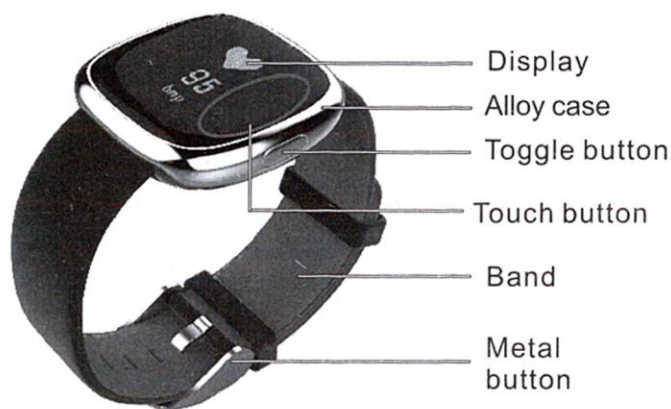
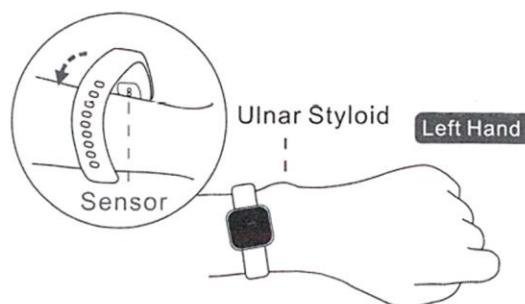


1.Introduction and how to wear



It is best to wear the wristband right under ulnar styloid and tighten the band by adjustment hole. The heart-rate sensor should be close to skin and avoid moving.



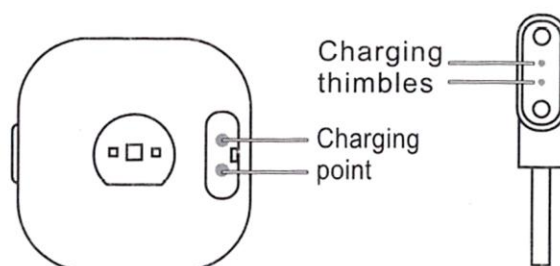
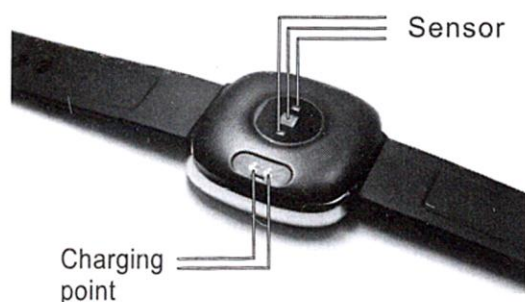
2.How to charge

Put magnets into charging point of the wristband's back case.

Charger: Voltage 5V

Charge current range: 200mAh~2A

Charge time: about 2 hours



3.Main Functions Interface

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 icon appear means connected.



2.Pedometer

Record steps , real-time pedometer .



3.Distance

calculate working distance according to pedometer and personal BMI set from APP.



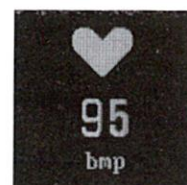
4.Calories

Calculate calorie which burned everyday.



5.Heart Rate Monitor

Press the touch button and scroll to the heart rate monitor screen, to get accurate result, the heart rate icon will flicker, and the back LED will light when test. You can manually view your heart rate by scrolling to this screen. The app will automatically record your HR every 30 mins and this data is stored in the app on your smart phone if you turn on HR automatic monitoring on APP settings.



6.Blood Pressure Monitor

Press the touch button and scroll to the blood pressure monitor screen. stay still and the device will start measuring your blood pressure. Please note you cannot save the reading by manually starting the function, to save the reading you must go through the app on your smart phone device

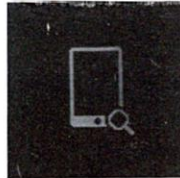


7.Sleeping Monitor

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



8. Find smart phone
Press and hold to find smart phone when Bluetooth connected



9. Turn Off
Press and hold to turn off the device.



4. Bluetooth Pairing

1. turn on the smart bracelet.
2. Turn on the Bluetooth of your smart phone.
3. Download H Band App on your smart phone by scan the below QR code



Android



Google Play



APP Store

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.

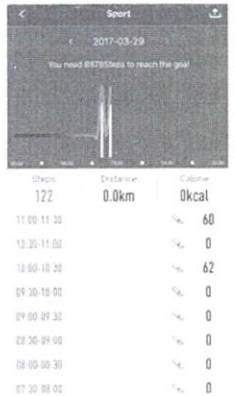


5. Bluetooth Remove

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.

6. 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 Pairing steps)



Dashboard:

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

1. Step:

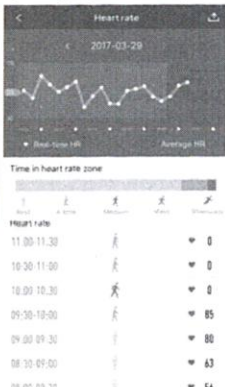
Tap to check Steps, Distance Calorie data.

2. Sleep:

Tap to check sleeping data here (such as sleep duration, deep sleep, light sleep etc.). (Picture 1)



Picture 1



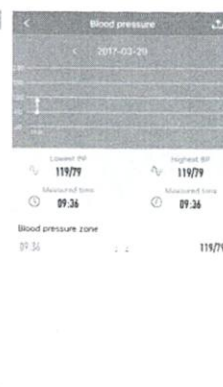
Picture 2



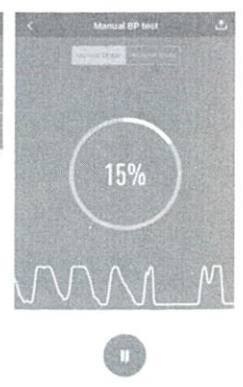
Picture 3



Picture 4



Picture 5



Picture 6

3. Heart Rate:

- (1) Check your all day heart rate data, which record your heart rate data every 30 minutes by device automatically, after you turn on HR automatic monitoring on APP settings. (Picture 2)
- (2) Tap heart rate icon to get start heart rate function on device. (Picture 3)

4. Blood pressure:

- (1) Check blood pressure data.
- (2) Tap blood pressure icon to get start blood pressure function. (Picture 4) (please stay still when test the blood pressure) after finished, you can select save to store data for reference. There is two BP test mode: Normal and Personal.

5. Running:

tap to get start the movement, and allow get your position, (Picture 7) 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. (Picture 8)



Picture 7



Picture 8



Picture 9

6.Settings:

- (1)My device:Tap to find device name to get paire.
 - a. Message notification:select the notification of phone calls and messages to get reminder.
(Paring request appears on APP when bluetooth connect with IOS system smart phone,please select "pair"to get messages push from the smart bracelet,select "no" for no need messages push.)(Picture 9)
 - b. Alarm setting: Set alarm clock.
 - c. Sedentary setting:set sedentary remind
 - d. Heart rate alarm:set heart rate test result reminder when out of your setting range.(under condition of auto heart rate test)
 - e. Turn the wrist:set the auto screen light time when turn the wrist.
 - f. Pair devices:after turn on this function the data on the app can be upload to the cloud.
 - g. BP private mode:for the hypertension or hypotension one, set your personal-tailored BP mode range to obtain more accurate test data.

h. Switch setting:

- ① wear test :turn on this function device will detect whether device wear on the wrist or not ,when green light sensor start test , if device not wear on the wrist device will stop test.
- ② HR automatic monitoring:turn on app will automatically read your HR every 30 mins and this data is stored in the app on your smart phone.
- i. Take photo:shake smart bracelet to take photos.
- j. 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 your forget the password, please turn to the device sleep screen press and hold till device Vibration then the password will be reset to original 0000.
- k. Firmware upgrade:upgrade firmware
- (2)Sport goal:set the steps goal of per day.
- (3)Sleep goal:sleep suggestion from personal data.
- (4)Unit setting: Metric and Imperial interchange.
- (5)Feedback: leave feedback of APP
- (6)About us :the vision

7.Specification

Chip:Nordic 51822
 Display: OLED 0.95"
 Battery :150mAh
 Waterproof:IP67
 Stand by time : 5 days
 Support system: IOS 8.0 or above,Android 4.4 or above
 Heart rate monitor:support
 Blood pressure:support
 Auto screen light: support
 Bluetooth:4.0

Tip:this device not for medical use,test data just for reference.