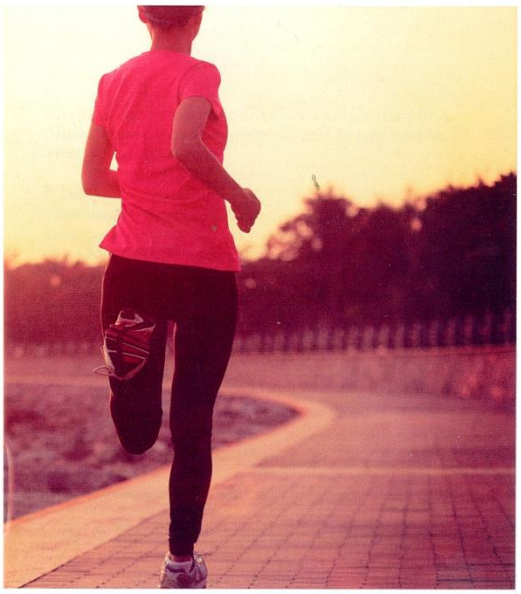
User Manual

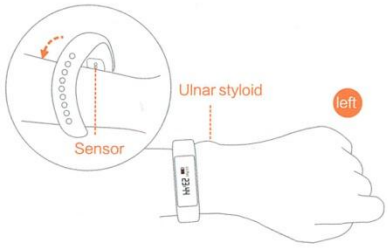
Heart Rate

Smart Bracelet H28 - X040



smart health • smart life

Control elements and connection



Wearing the fitness tracker:

Before you wear the fitness tracker, pls make sure the battery is fully charged, There is no switch key on the device. After fullly charging, device will automatically boot.

Fitness tracker interface

Touch screen belong to single touch style.It will shift the interface: time, steps, running, distance, calories, remoting camera, remoting music player, heart Rate, message notification, MAC address.

Long pressing the interface,it will enter the "running" mode.

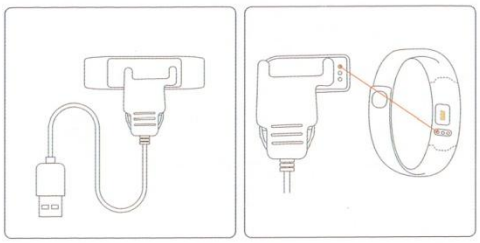
When the device connect the mobile APP by bluetooth, long press the interface on fitness tracker can take photoes.

Long press the interface can control the music player, pls note it only support the mobile inner music player.

Long press the interface will start to test the heart rate.

Long press the interface to check your messages.

Charging Instructions



Connect to a computer/laptop or a dedicated USB charging device with the included cable. Connect the fitness tracker, as shown. Pls make sure that the contact pins are in contact with each other.

Using the Fitness Tracker

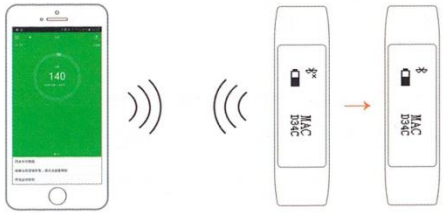
App connect with the finess tracker:

1.Make sure the "Bluetooth" is on on the phone;

2.Download and open the App "Goband";

3.Connect the App with the fitness tracker;

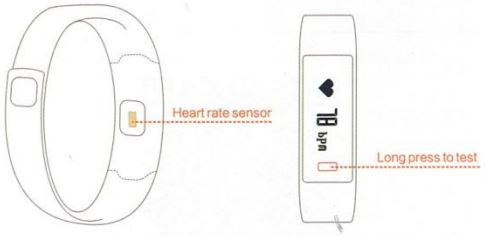
Remarks:pull down to refresh the list, you will now be paried with your fitness tracker.After paring, the date and time are updated automatically , the background physical activity and sleep datas are transferred to the APP. When unpaired, the fitness tracker can show time and distance, steps,date, meanwhile all the data can be stored up to three days.(When you use the fitness track at first time, it needs connect the APP to correct the initial data.)



Connect successful, the icon of MAC interface will turn to , APP also show "connected".

Heart rate test

Long press the button in heart rate interface to activate Heart rate test function, then the heart icon will flash and the LED on the backside will be lighted. You can get the test result around 30 seconds. You can also click 'test' on the APP after the device connected.(Note: put the heart rate sensor close to skin, avoid external light contact with heart rate sensor. Keep heart rate sensor clean, sweat and dust may affect test result.)



Note

1.Connect the device while sync;

2.Charge with original cable;

3.In normal temperature, heart rate test is available for most people;

4.Data just for reference, cannot replace medical equipment;

5.Trust the APP and keep it work on background;

6.IOS phone please connect with APP instead of BLE;

7.Keep the device away humid, extremely hot or cold environment;

8.Took off band while showing, swimming, surfing;

9.Support system: Android 4.3 or above, IOS 8.0 or above;

10.The device need to connect with APP when the first time use, then the device will work smoothly;

11.Touch the device , it will self-calibrated while charging, if touching not work during calibrating, it will returens to normal;

12.Re-open BLE or reboot phone and search the device again while device searching failed;

13.Long time tight wearing may cause skin allergy for sensitive skin or in hot and humid environment.

Basic Parameters >>

Display: OLED

Power: Lithium-Polymer battery

Working Temperature: 0-40℃

Standby Time: 7-15 days

Synchronization: Bluetooth 4.0

App installation and operation

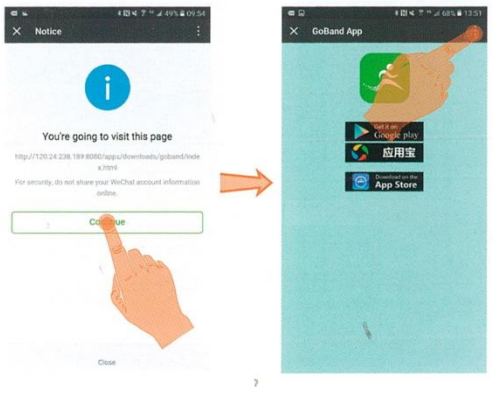
Android

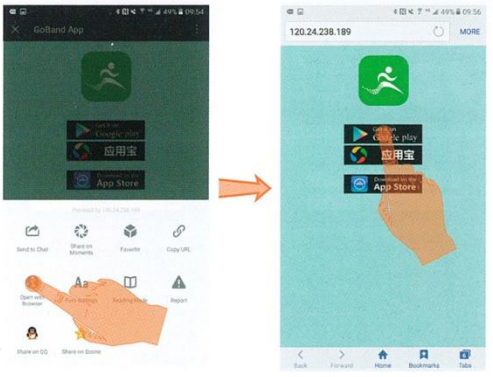
Solution 1 :

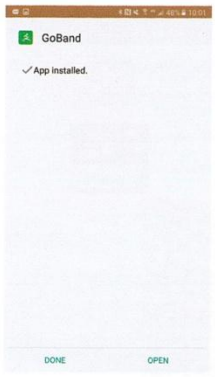
Scan the QR code

Solution 2 :

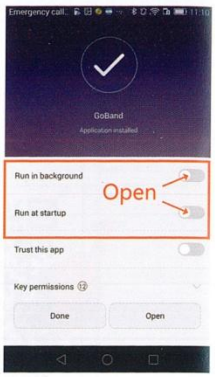
Directly searching "Goband" in the Google Play.



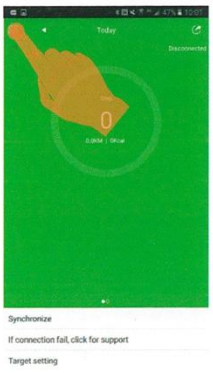




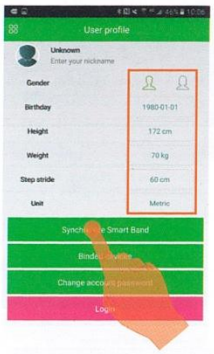
For some special mobile phones, operate as following picture:



Device connection >>

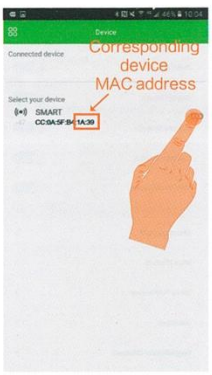


Device Setting >>

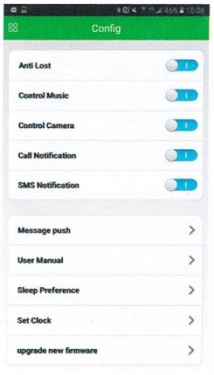


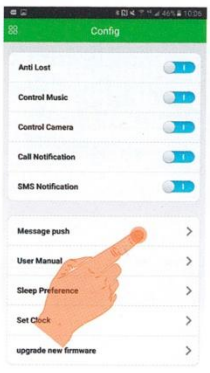
App Sign in >>

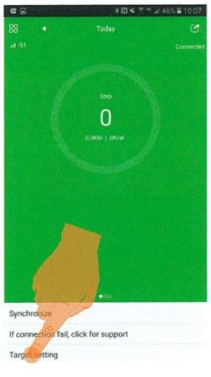
Or



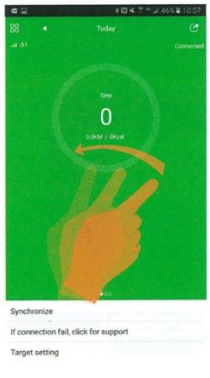
:The icon is blue, connection successfully.
:The icon is grey, it means doesn't work, need connect again.

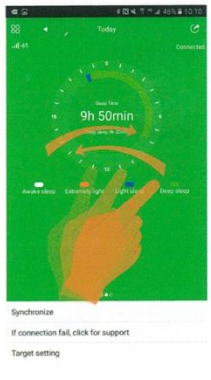




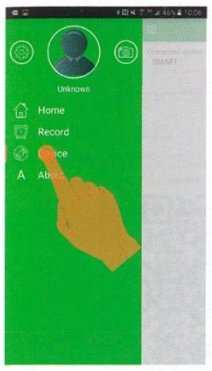


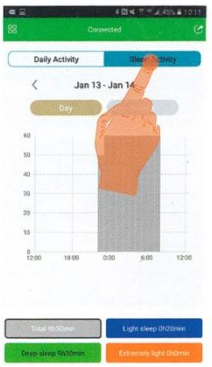
Data Viewing >>





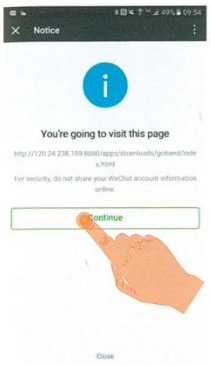
Device Unbundling >>





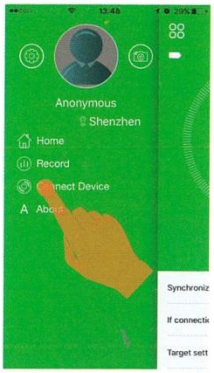
iOS

Solution 1 :
Scan the QR code
Solution 2 :
Directly searching "Goband"
in the App Store.



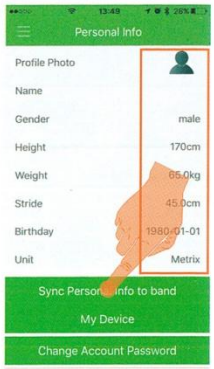
App Sign in >>

Device connection >>

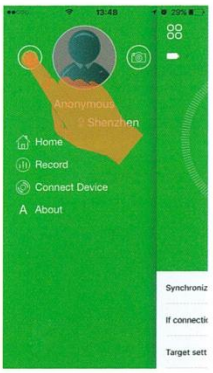


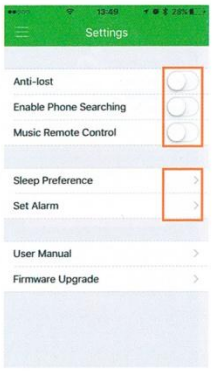
Or

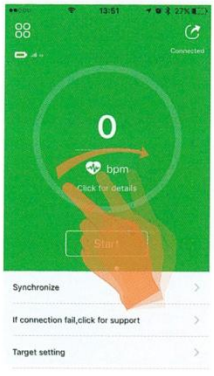
Device Setting >>

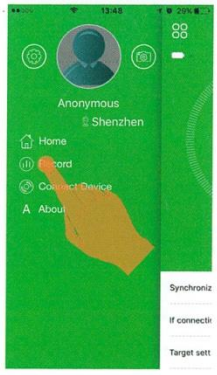


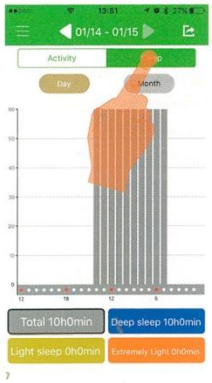
Data Viewing >>



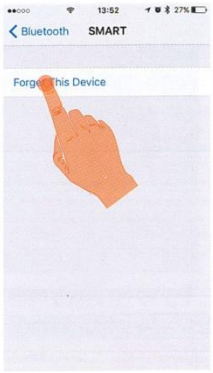








After Unbundling of device,it still need to operate in the interface of "Bluetooth" < "Phone Setting" of the mobile phone



Device Unbundling >>