1 Product Introduction
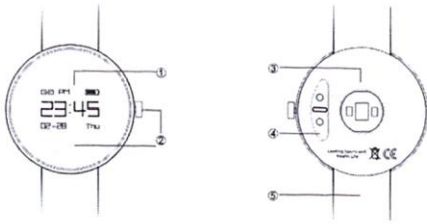
① OLED color screen
② Key and single touch area
  (The key function is the same as the touch function.)
③ Heart rate sensor
④ Charging interface
⑤ Watch strap

2、 Getting Guide

a. For iphone user, search "H band" in APP store and download the APP
  For Android user, search "H band" in google play store, android Market or other APP download center then start downloading.

b. Bluetooth Connection
  Step1:Turn on the Bluetooth on your phone
  Step2: Open "H band" APP, entering "setting" interface, Then tap "Device" menu to enter "Device Connection" interface.
  Step3: After connected to "H Band" APP successfully, the Bluetooth sign on the band will show as [⊟] , while show as [⊟] if connection fails.

c. Please make sure wristband is not out of battery when use it for the first time. it will not be able to start if battery is too low, please charge it by insert the wristband USB connector to USB port from computer or USB charger. Then it will start automatically.

3 Function Introduction

1、 Time & Date Display
2、 Movement Monitor(steps, distance, calories)
3、 Blood pressure monitor
4、 Heart rate monitor
5、 Sleep monitor
6、 Find my device
7、 Alarm Function
8、 Notification of incoming and message
9、 Message push(option)
10、 Sedentary
11、 Female Menstrual Cycle Reminder

4 Touch Button &Display Screen Introduction

A. Power-on: Long press Touch area for 3 seconds, then wristband will enter into "time display" interface. show in figure:

B. Power-off: Switch to power-off interface, long press touch area for 3 seconds:

C. Lift up to light the screen: Click the touch area or lift up your hands, wristband can show the time. You can set start and end time option in "Lift up to light the screen", so tha can make sure your wristband power-saving

D. Bracelet movement: In the running interface, long press the touch screen area or press the key for 3 seconds into the sports mode. After switching to the "arrow" mark interface, press the touch screen area or press the key for 3 seconds to exit the sports mode. The data is viewed in the "H band" APP's sports interface options.

E. Pedometer mode: Display current steps

F. Distance Mode: Display current distance. The default units is KM, you also could option "MI" units in "Setting" interface on APP.

G. Calories Mode: Display calories burned

H. Blood pressure mode: Blood pressure test will begin 46seconds after entering blood pressure interface. if test success, it will show value---/---,during the test, if 46 seconds unable to measure blood pressure , showing xxx/xxx. Regardless of whether it measure blood pressure, it total 70 seconds then automatic

standby.

I. Heart rate Monitor: heart rate will begin after entering heart rate mode. the test result will be show on display screen. If unable to test heart rate value, it show ---/---. regardless of whether it test heart rate value, it total 60 seconds then automatic standby.

J. Sleep monitor: Display sleep data.

K. Find my device: Entering into "find my device" interface, long press touch area for 3 seconds start to find the phone. Show it figure.. During the Bluetooth opening, phone will receive reminder voice once connect finished. Click touch area, phone will sign out "find my device".

L. Remote camera: Open camera on your phone, wristband will enter into camera mode, shake your hands or click the touch area to take photo, when close camera on your phone, wristband's camera model will close too.

M. In sleep monitor interface, long press touch area for 6 seconds, wristband password will restore to default with vibration.

N. Heart rate monitor: Detect heart rate in real time, if heart rate show very high range, it show as figure

with vibrate. It total vibrate 2times, each time 3 seconds. after vibrate completely, it automatic standby.

O. Sedentary reminder: Entering into the sedentary remind mode, show as figure , and set sedentary reminder time Period, after when it bell and vibrate to remind you to stand up or walk. It vibrate 2 times, each time 3 seconds. after vibration completely, it automatic standby.

5 Synchronization

1. Push information settings: Turn on the H Band to switch to "settings" interface, and click "information alert" to open the relevant applications that need to be pushed. (Notification privilege of H Band needs to be allowed in the case of Android phones)

2. APP that supports push notifications:

QQ   Wechat   SMS   facebook

gmail   instagram   in   line

snapchat   twitter   WhatsApp   skype

Other apps

6 Female Menstrual Cycle Settings

1.The function applies to female users only. No setting window is available for users who registered as male. The following instructions only refer to users who registered as female.

2. The Band will remind users who are using the App for the first time to set up their files. The users can set up a state of life regarding menstrual cycle, go pregnant period, gestation period and treasure mom period. Then, users can enter corresponding secondary menu and provide their personal information.
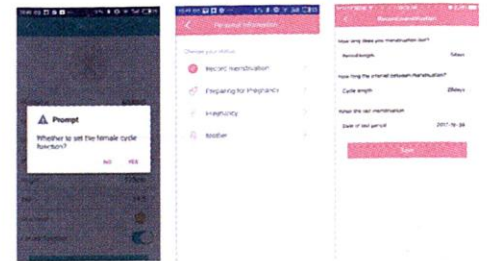
3.After setting, there will be four states icons for women who are in the menstrual cycle, while none for women during pregnancy.

Safe Period	Ovulation Period
Ovulatory Day	Menstrual

7 Important Notice

1. Please make sure heart rate sensor protector is removed before use.

2. When using wristband to measure your data(e.g. heart rate), please note that the time needed for measuring data may differ depending on different cases.

3. The app may quit occasionally or Bluetooth connection may intermittently cuts out. If it occurs, please try to restart your wristband or re-installed the app.

4. When Bluetooth disconnected, wristband will automatically search for Bluetooth within 20 minutes.

5. Charging Requirements: Charger specifications is 5V, 0.5~2A . If long time no use, please make sure to power off and to ensure that 2 months to recharge 1 times.

6. In order to ensure data accuracy, after entering the blood pressure test mode, you need relax, make the device same level with your heart and keep silence. (Tips: this function is reference only for provides blood pressure before and after sports, not for medical purposes and not suitable for hypertension patients!)

8 Scan QR code Download.

Scan QR code build in smart watch then to download and install it.

Device Requirement:
APK should be connect with Android 4.4 above and Bluetooth4.0 Device
APP should be work with ISO 8.0 above.

(Apple Store)   (GooglePlay)

Disclaimer:
Warning: This product is not "Medical" Device, it cannot use for diagnosis, treatments or prevent of disease. If to change habits, such as exercise or sleep, please be sure to seek for doctor , so as not to cause serious injury or death. In case of without advance notice, we have right to modify and improve any functions of this user manual, while our company have right to constantly update contents, please take the material object as standard.