Smart Health Band
User Manual

China red   Cool gray   Grass green   Bright yellow

Please read the user manual
carefully before use.

Operating Systems

Android 4.4+   IOS 8.0+   Bluetooth 4.0+

Before use

1、Download APP WearHealth
Please connect the band and smart phone with the App.
Please check the requirements of hardware of the mobile
phone system before downloading the APP.
Download method: Scan QR code

IOS   Android   Google play

2、Waistband activation and charging
Please activate the waistband by charging for the
first time to use.

Start to use

Click : Function switch

Long press : Activation, Mode switch

After the bind succeeds, the wristband immediately
starts simultaneous recording and analyzing your
data of sports, sleeping status, etc.

Operation

*Please ensure that the power of the wristband is
sufficient for the first use. If the power is low, the
wristband will fail to start up. And please charge
the wristband. When the wristband is fully charged
it will start up automatically.
*Power on & off : Switch to such interface and long
press to power off.

2345
ABCD

Power on : 1、Long press the touch button to start up.

2、The wristband will start up automatically when charging.

Functions

1、Normal mode display

02:28
PM
00-00
TUE

2、Multiple interface options

000000	0000	000000 MILE	78 BPM
Step Count	Calorie	Distance	Heart rate
078/110 mmHg	00:00 HOURS	(0) Read one	Stop Watch
Blood pressure	Sleep monitor	messgae	Step count

3、Multi-sports mode

SPORT

000000
STEPS

Long press the above button 3s to enter the multi-sports mode.

Specification

*Size : 44*37.7*10.4 MM
*Weight : 55.5g
*Screen size : 1.54" TFT
*Resolution : 240*240 dpi
*CPU : nRF52832
*Battery : 190 mAh
*Standby time : Theory Time14 days
*Working time : Theory Time 7days
*Charging Time : 1.5H
*Waterproof garde : IP68
*Watch case material: zinc alloy
*Watch band material:silicone

Packing list

1*Q18 Smart Watch,
1*Charging Cable,
1*English User Manual

FAQ

1、Fail to find wristband when pairing ?
If you can't find wristband Bluetooth when you are pairing,
please check if the phone is in the "support pairing range".
If yes, make sure the wristband and the phone stays within
0.5 meter and try again. After successful pairing, the
effective communication distance of Bluetooth can reach
10 meters. Please check whether the battery is full or not.
2、Why does wristband fail to connect with Bluetooth
occasionally?
If some of mobile phone's Bluetooth services act abnormal,
start over the phone Bluetooth or restart the phone to
establish a normal connection.
3、How to restore factory settings ?
Connect the wristband with the phone, click "My" in the
mobile APP . My——Settings——Restore Device
4、How to update the wristband firmware ?

Connect the wristband with the phone,click
"My" in the mobile APP .
My——Settings——Firmware Update