

Bracelet User Manual



Please make a full charge before use it.
APP:Hband

1.Download & Pairing

1.1.Long press the power button to turn on.

1.2.Scan the following QR code to install APP or Download "Hband" App from App store or Google play, by searching for "Hband" .



Android



IOS

Compatibility System: Android4.4 and above,
IOS 8.0 and above.

Enter the APP "Dashboard" to bind the
device

Step1 : Enable Bluetooth on the mobile
phone;

Step2 : Open "Hband" APP , tap " Connect
adevice" to bind .

- Please keep bluetooth address
consistent with your smart bracelet
when you connecting

- Slide right from the default interface to check bluetooth address




2.Smart Bracelet Functions (slide from the default interface)

2.1Time Interface (Default interface)

2.1.1Power on: Long press power button,slide the default interface up and down for different bracelet interfaces.



2.1.2.Power off: Long press power button on the time interface;or enter" Power Off" interface(slide right from time interface) and

long press 

2.1.3.Wake up screen : press the power button; Take wrist(enter Hband APP "setting" --find "K7 my device" --turn on" turn the wrist" ,and also enter bracelet menu "setting" - "switch" -turn on "turn the wrist" at same time(only Hband app and

bracelet both turn on switch which come (turn on light screen function)

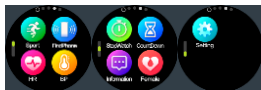
2.2.Steps record (Steps ,distance ,calorie)



2.3.Sleep monitor (monitor time : pm6:00-next day pm4:00 ; Ensure fall asleep time :pm6:00-next day am8:00 sync data to app by wearing device)



2.4.Function interface



2.5Heart Rate monitor



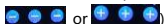
2.6 Blood Pressure



2.7 Stopwatch



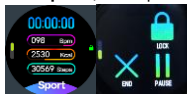
2.8.CountDown(manually adjust time span by



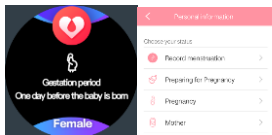
2.9.Message(save 3 messages)



2.10.Sport (slide up to end or pause sport)



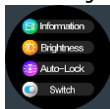
2.11.Female physiological cycle reminder(enter APP "setting" -- tap " head portrait " --edit" Gender" into "female" --choose your status.



2.12. Find my phone (phone will ring when bluetooth connected with smart bracelet)



2.13. Setting



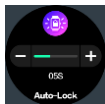
2.13.1. Information(Synchronize message, calls and social app messages: Please ensure turn on watch corresponding switch in the "information" under "setting" menu and also turn on Hband App" Message Notification" menu corresponding switch meanwhile)



2.13.2. Brightness (manually adjust screen brightness)



2.13.3. Auto-Lock (manually adjust lock screen time span)



2.13.4. Switch (Please ensure turn on corresponding switch on the bracele "switch" under "setting" menu and also turn on switch on the "hband" app meanwhile)




3.APP functions

3.1.APP data record interface (Steps , Sports , HeartRate , Blood pressure , Blood oxygen , Female)



3.2.Running

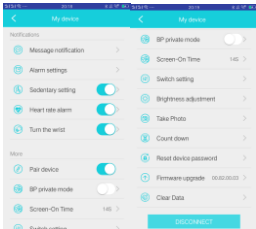
3.2.1.GPS movement(manually turn on sport

mode:click  on the screen and enter "map" mode to tap" Start sport" ;also check historical record)

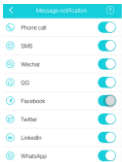
3.2.2.Bracelet movement (check history records)

3.3.Setting interface

3.3.1.My device K7



3.3.1.1 Message notification (Synchronize message,calls and soical app messages:please turn on app switch and meanwhile turn on watch corresponding switch in the" information "under " setting" menu)



Important to follow below setup steps so watch can receive notifications:

Find out Mobile phone app like Wechat, : Wechat/about me/setting/new message inform and display all message details MUST be turned on; Mobile phone setting/ find out wechat/ notificat

ions/ you have to turn on all options like allow notifications, badges, show previews etc.

Pls make sure your wechat/QQ/Skype is NOT logged in & online on your computer, otherwise the message received on mobile can't sync on the watch as the computer already received the notification.

3.3.1.2. Alarm settings

3.3.1.3. Sedentary setting(manually set begin&end and time span)

3.3.1.4. Heart rate alarm (manually set heart rate upper limit)

3.3.1.5. Turn the wrist(manully set time begin&end and wrist sensitivity)

3.3.1.6. Pair device(Turn on "pair device" , watch data will be uploaded to cloud server, in case you want connecting smartwatch to another mobile phone, the new connected

mobile phone still can download previous datas from the cloud server.)

3.3.1.7.BP private mode

3.3.1.8.Screen-on time (manually set screen-on time span)

3.3.1.9.Switch setting (please ensure turn on app switch and also turn on watch switch under "setting" menu)

3.3.1.10.Brightness adjustment(turn off "automatic adjustment" can set brightness index)

3.3.1.11.Take photo(enter it to take picture by shaking bracelet)

3.3.1.11.Clear Data: Reset

3.3.1.12.Disconnect

3.3.2Setting goal (Sport goal, sleep)

3.3.3More (Unit setting : Metric&Imperial , Change theme, About us)

3.3.4Third-party Platform (you can band wechat sport,syc to third app)

4. Warm notes

4.1. Connect Bluetooth:

4.1.1 Please power on your phone bluetooth and turn on smart bracelet before connecting;

4.1.2 Please ensure your smart bracelet didn't connect other phone before connecting ;

4.1.3 Please close to you smart bracelet when you are connecting.

4.2. Please turn on authorization of if your Mobile Assistant or other similar Apps for Dafit APP, in order to guarantee normal operation of the APP in the background, otherwise you will not receive the messages.

4.3. Battery Recharge: Power adaptor: 5V

0.5~1A requirement. If the bracelet won't be used for long period, please ensure a full charging every month and turn it off after get full charged

4.4. To ensure the accuracy of blood pressure data, after entering blood pressure monitor mode, please hold the smart band at the same height as your heart, relax yourself and calm down. Do not speak when the monitor is working. (This function is to monitor the blood pressure data change before & after exercise.

The data are only for reference, can't use for special medical purpose)

Disclaimer

Warning: This product is not a medical device. The smart band and its applications should not be used in diagnosis, treatment or as a preventive treatment for diseases and sickness. Please consult medical professionals before changing exercise habit or sleep habit to avoid serious injuries. The manufacturer reserves the right to modify and improve any functions description in this user guide and continuous update of the new content without further notice. This user guide is for reference only, the smart band for selling is subject to the final product.