

nuband



NUBAND OPTIM NU-G0039

User Manual Version 1.1

CONTENTS

GETTING STARTED	7
What can my Nuband Optim do?	7
SETTING UP YOUR NUBAND OPTIM	9
GETTING TO KNOW YOUR NUBAND OPTIM	13
Wrist placement	14
Lighting the Nuband Optim Screen	14
Starting Your Nuband Optim	15
Home Display Icons	16
Navigating the Menu	17
Interface	17
Activity Tracking	17
Heart Rate	18
Heart Rate Monitoring	19
SPORTS	20
GPS	20
6 Sports Modes	22

View Exercise Data	24
Stop Watch	25
FUNCTION	26
Change the dial face	26
Product Information	27
Restore Set	27
Power Off	28
Message Alert	28
Reminder	29
NUBAND ELITE APP	30
Create your profile	32
Connect the Nuband	33
DASHBOARD	34
Steps and Calories	37
Heart Rate	38
Sleep	39
Sleep Monitoring	40

ACTIVITIES	41
GPS SPORT	42
DEVICE	44
SETTINGS	45
ALARM/SCHEDULE	46
Clock Set	46
Schedule	49
Push Notification	51
Sedentary Setting	52
DEVICE SETTING	53
Vibration Reminder	53
Language Setting	53
Time Format Setting	53
Unit of Measurement	53
Auto Heart Rate	53
Palming Gesture	54
Heart Rate Guidance	54
Firmware Upgrade	55
Upgrade Failed	57

PROFILE	58
Goal Setting	59
Link	60
SYNCING ACTIVITY DATA WITH STRAVA	62
NUBAND OPTIM COMPATIBILITY	64
NUBAND OPTIM 12 MONTH WARRANTY	65
NUBAND OPTIM PRODUCT DISCLAIMER	66
RETURNS	66

GETTING STARTED

Welcome to Nuband Optim, the smart watch. We hope you love your Nuband as much as we do. This guide is to help you get started quickly and easily with your Nuband and the app so you can get started working on your goals right away.

What can my Nuband Optim do?

- GPS Tracking
- Count steps
- Measure calories burned
- Measure distance travelled
- Measure your heart rate
- Multi-sports guides tracking
- Track the quality and length of your sleep
- Tell you the time and date/day
- Stop watch
- Wake you gently with the silent 'buzz' alarm feature
- Show you any text messages and phone received
- Help you stay on schedule with reminders and alarms

In conjunction with the Nuband Elite app, your Nuband Optim also:

- Tracking your sport route by map shown.
- Helps you set daily goals and see your progress, helping you stay motivated.
- Helps you share your achievements with your friends via Facebook and Twitter or other social media.
- Helps you to keep the history of activity and sleep record.
- Helps to remind you by alarm / schedule settings.

We recommend you read the safety information towards the end of this document carefully and speak with a healthcare professional before starting on any programme of exercise.

SETTING UP YOUR NUBAND OPTIM

Follow the steps below to set up your Nuband Optim.

1. Charge your Nuband Optim for 2-3 hours prior to use.
 - a. Properly attach the magnetic charging dock to the back of the watch, then plug the charging cable into a USB port on the computer, charging dock or power bank for charging.

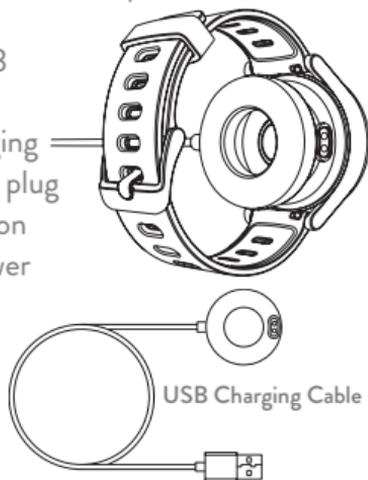
Input voltage: 5V DC.

Input current: <0.2A.

Battery symbol appear if it is plugged correctly.

Note:

1. It is recommended to use the universal 5V/1A charger with 3C logo on the market.
 2. Do not use fast charging charger.
- b. The screen will show full battery symbol when it is fully charged.



2. Ensure the Bluetooth is enabled on your smartphone.
3. When your Nuband Optim is charged, place on your wrist and fasten the buckle.
4. Install the Nuband Elite app on your smartphone (*available free for Android and iOS devices from the Google Play and Apple App Store*).
5. Follow the instructions on the app to add your information and connect your Nuband to your smartphone (*more information and screenshots are in the App guidance in this guide*).

Basic operation of Nuband Optim

About the Button

	Short Press	Long Press	
Physical Button	<ol style="list-style-type: none"> 1. Wake up the watch screen 2. End exercise 3. Return to the previous menu 	<ol style="list-style-type: none"> 1. Power on 2. Power off 	 <p>Physical Button</p>

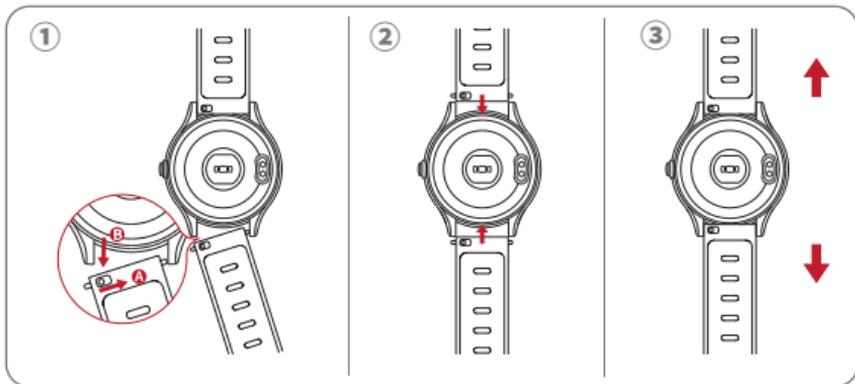
NAVIGATING YOUR WATCH

Operation	Condition
Swipe up	<ol style="list-style-type: none">1. Access stopwatch (From the home screen).2. Switch options.
Swipe down	<ol style="list-style-type: none">1. View notifications(From the home screen).2. Switch options.
Swipe left	Access Sports, Setting, Heart Rate, Steps, Distance and Calories.
Swipe right	<ol style="list-style-type: none">1. Access Heart Rate, Steps, Distance and Calories,Setting,Sports.2. Return to the previous menu.
Tap the screen	Enter the sub-interface.
Long press the screen	<ol style="list-style-type: none">1. End exercise (Except swimming).2. Change the watch face (From the home screen).

REPLACE THE STRAP

Please choose the strap with a width of 20mm if you want to replace it.

1. Remove the strap from the watch by sliding the snap lock on the strap.
2. Align the new strap with the watch and buckle the strap in.
3. Pull the strap lightly to make sure it is buckled in the watch.



GETTING TO KNOW YOUR NUBAND OPTIM

Wrist placement

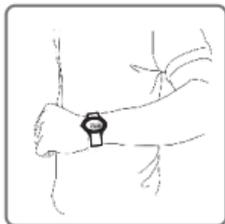
Your Nuband Optim should sit on your forearm close to your wrist. Fasten the strap by the buckle.



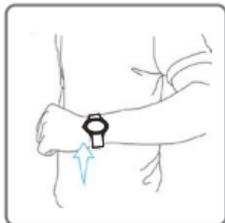
Lighting the Nuband Optim Screen

To save power, the screen is off. To wake up the screen either turn your wrist towards you or short press once physical button.

01



02



03

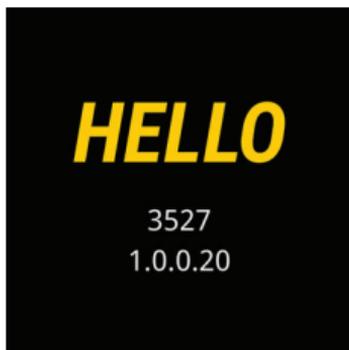


Note: To monitor heart rate more accurately, please wear the Nuband Optim on the upper position of your wrist and a bit tighter than usual when you are doing exercise.

Starting Your Nuband Optim

A. Turn on Your Watch

Long press the physical button to turn on your watch. If that fails, then please fully charge the watch first.



- — Band Code
- — Firmware Code

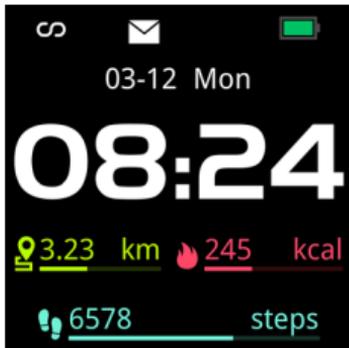
B. Get the band code.

A 4 digits code and firmware version will show. Note this number for using when pairing your Nuband Optim with your smartphone.

Home Display Icons

Across the top of the Nuband Optim display, from left to right, the icons are:

1. Connection Status
2. Message Alert
3. Battery level



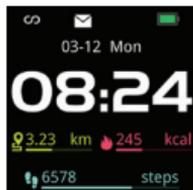
The main part of the Nuband Optim display shows the time and date/day, steps taken, calories burn and distance.

Navigating the Menu

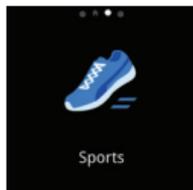
Swipe left the screen of the Nuband Optim.

Interface

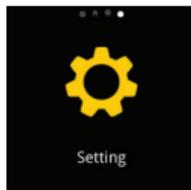
Swipe the screen from Home screen to Sports, Setting, Heart Rate and Activity Data.



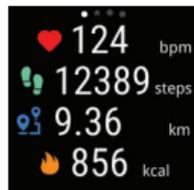
Home Screen



Sports



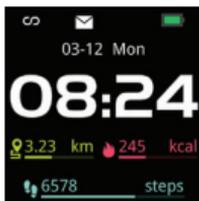
Setting



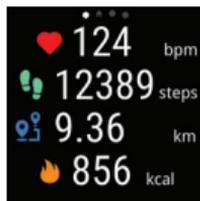
Activity Data

Activity Tracking

Swipe the screen to Activity Data to review daily activity.



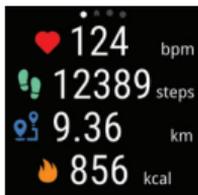
Home Screen



Activity Data

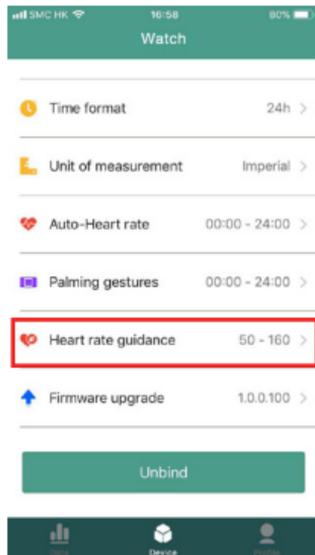
Heart Rate

It takes a few seconds to detect the current heart rate.



● Current Heart Rate

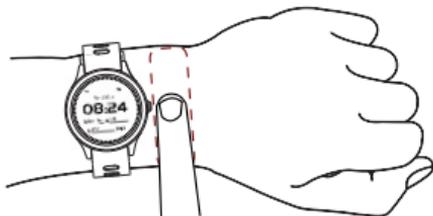
* You can turn on/off on the auto heart rate monitor in Nuband Elite App.



Heart Rate Monitoring

The watch contains PPG (photoplethysmography) heart rate sensor and combines with HR algorithm, which monitor your heart rate during exercise accurately.

1. Correct way of wearing: please wear the watch one finger away from the wrist bone to monitor the heart rate accurately.



2. When exercising, please wear close to your skin and make sure that the watch will not move along with your movement.
3. Heart rate data can be synchronized to Apple health or Google Fit.
4. Display 5 kinds of sports heart rate zones. Detailed data can be viewed after connecting and synchronizing to the app.

SPORTS

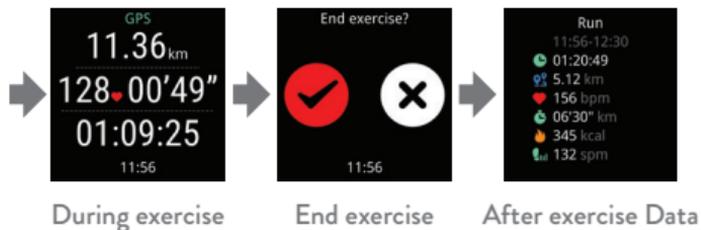
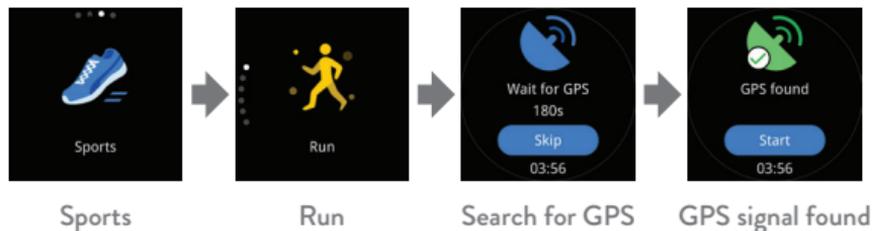
1) GPS

The watch has built-in GPS sensor, which can be used to accurately record your motion track during exercise even without your phone. After entering the GPS movement (Fast Walk, Run, Cycling or Climb), then the watch starts searching for satellite signals, you can skip this step at that moment by clicking on the „Skip” or wait for the satellite signal to connect.

Note:

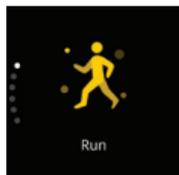
1. Synchronizing the watch and app before starting GPS movement, refresh the data and wait for 1-2 minutes, which can improve the speed of satellite positioning.
2. Positioning needs to be in an open area to avoid blocking satellite signals by buildings or trees. Unable to locate indoors.
3. The screen should be oriented toward the sky, remain still and wait for positioning satellites.

Swipe from Home to Sports, tap and swipe up to select the Sport Activity.

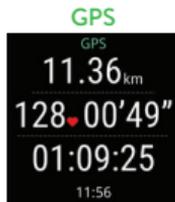


2) 6 Sports Modes

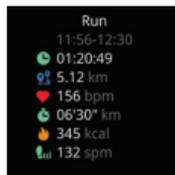
1. There are 6 sports modes for your choice: Run, Cycling, Climb, Treadmill, Free training, Swim. You can choose one that suits you.
2. End exercise: Press the physical button or long press the screen to select whether end the exercise or not. However, only press the physical button can end it when swimming.



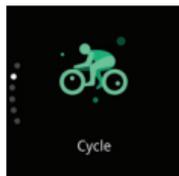
Run



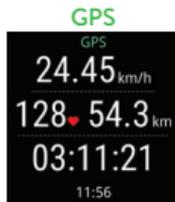
During exercise



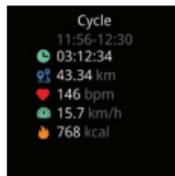
Run exercise Data



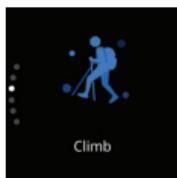
Cycle



During exercise

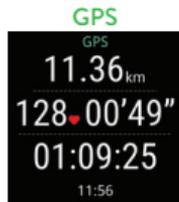


Cycle exercise Data

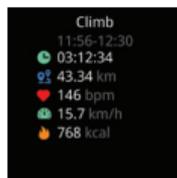


Climb

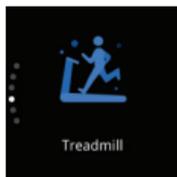
Climb



During exercise

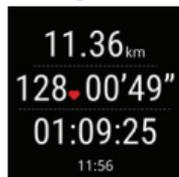


Climb exercise Data

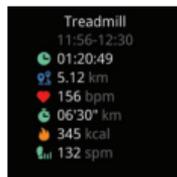


Treadmill

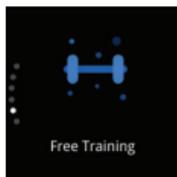
Treadmill



During exercise

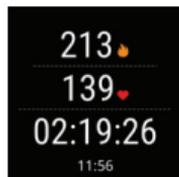


Treadmill exercise Data

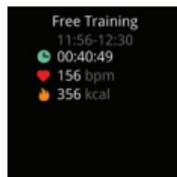


Free Training

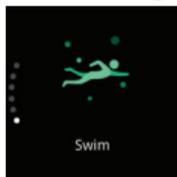
Free Training



During exercise

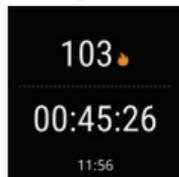


Free Training exercise Data

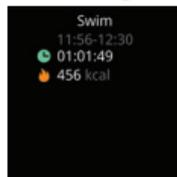


Swim

Swim



During exercise



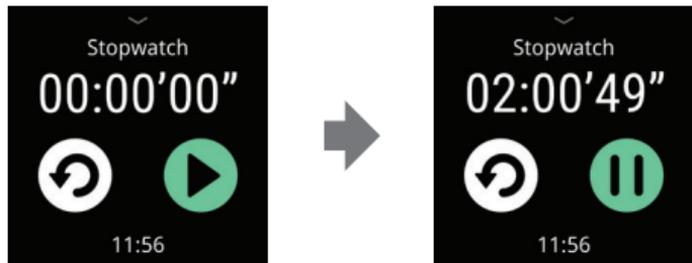
Swim exercise Data

3) View Exercise Data

1. During exercise: These data like distance, heart rate, pace and duration will be displayed on the screen.
2. After exercise: You can directly view the activity data on the watch, including movement time, distance, duration, average heart rate, pace, calories, steps and so on. Detailed data can be viewed after connecting and synchronizing to the app.

4) Stop Watch

Swipe up from Home to Stop Watch.



Press  to start.

Press  to stop.

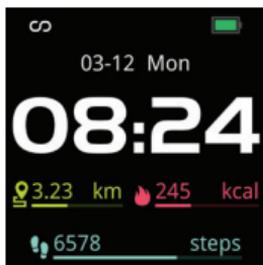
Press  back to Home or short press side physical button.

FUNCTION

A) Change the watch face

Long press on home screen of the watch to change the watch face, you can choose based on your personal preference.

Note: The watch does not support users to upload their own custom watch faces temporarily.



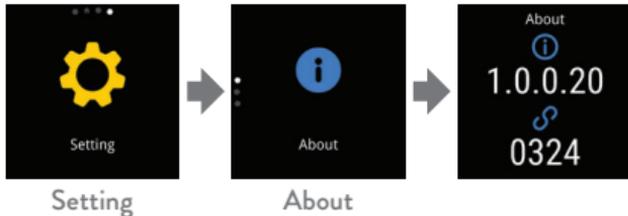
Option 1



Option 2

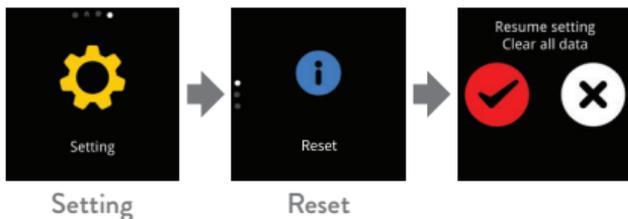
B) Product Information

Swipe from Home to "Setting", tap the screen "Above". The icon to display 4 digits code and firmware information.



C) Restore Set

Swipe from Home to "Setting", tap the screen and swipe down to "Reset", tap  to confirm Reset. Schedule, Message, Alarm that have been set on will be cleared.



D) Switching your Nuband Optim Off

Swipe Left to "Setting", tap the screen and swipe down to "Power off", tap  to confirm.



E) Message Alert

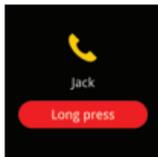
Tap the screen to view details of the message.



Swipe the screen to view the next message. Swipe the screen until "Delete" Icon appear to delete message. The Nuband screen only displays the last 5 messages recieved on your phone.

F) Reminder

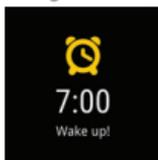
Nuband Optim supports more reminders.



Incoming Call Reminder

Show you who has called you. Long press the screen to reject the call.

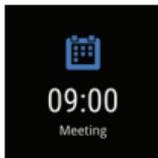
Incoming Call Reminder



Alarm Clock

Select options to set the alarm.

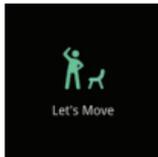
Alarm Clock



Schedule

Show the items you have scheduled reminder for.

Schedule



Sedentary Reminder

Reminds you to get up and move around.

Sedentary Reminder

NUBAND ELITE APP

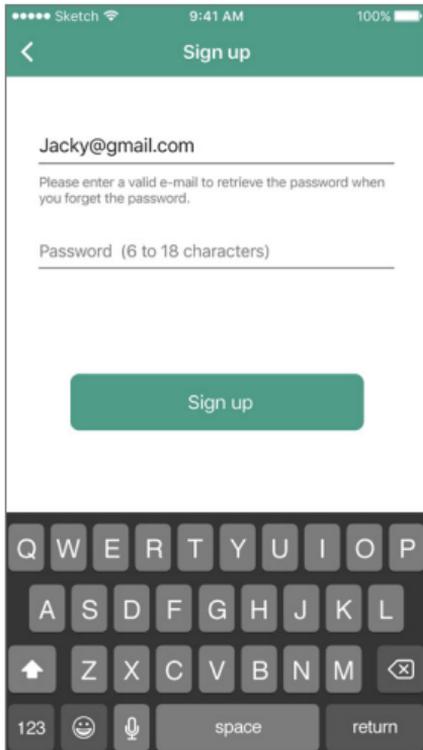
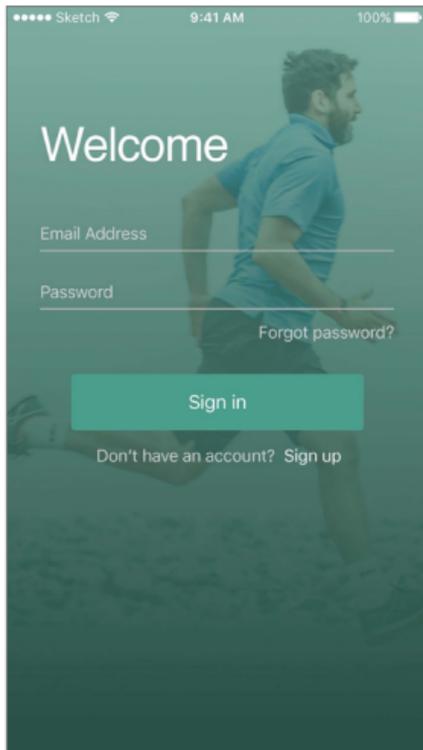


The Nuband Elite app can be downloaded from the Google Play and Apple App stores.



Ensure the Bluetooth is switched on in the settings of the phone you are using

1. Sign into the Nuband Elite app:
Tap **Sign up**, enter email and password, then press **Sign up**.



Create your profile

- Select Gender
- Select Height
- Select Weight
- Select Birthday

When you have completed this then the app will bring you to the main “Data” screen.

Sketch 9:41 AM 100%

Create your profile

Gender
Female

Height
5 ft 32 in

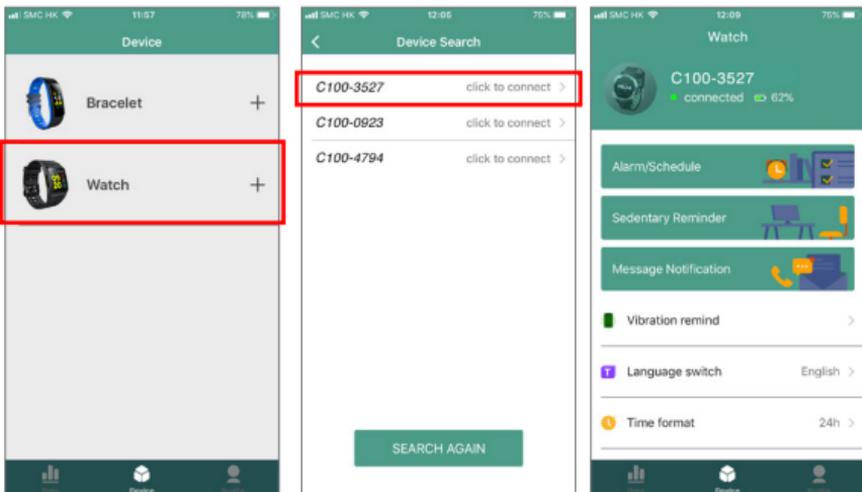
Weight
159 lbs

Birthday
3/25 2003

Next

Connect the Nuband

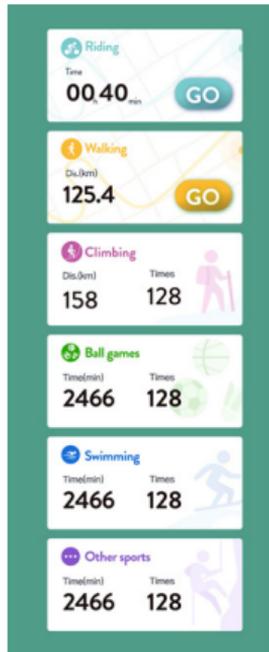
Under “Device”, choose “Watch”. Select the Nuband device for well connect. If you connect successfully, you will have Nuband device information show.



DASHBOARD

The Nuband Elite app will normally open on this screen.

From the Dashboard Screen, it is easy to see your steps, calories, distance, heart rate, sports exercise activities record and sleep tracking – simply tap whichever option you want to see.



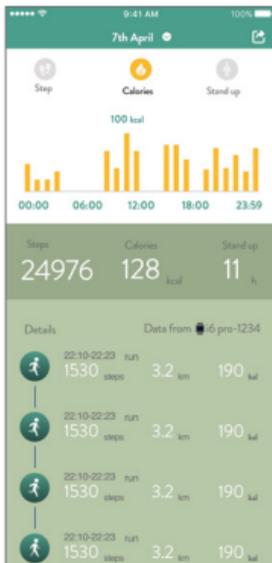
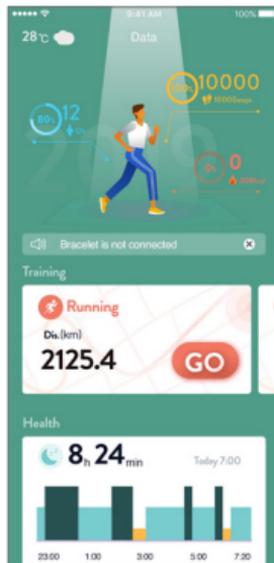
The **Step** count will show you how many steps you have taken, how long you have walked for, the distance you have covered and the calories you have burned while walking. The **Heart rate** will show you your average heart beats per minute, as well as your highest and lowest beats per minute.



In the **Sleep** information, you can see the total amount of time you were asleep, with more information about when you woke, and time spent in deep and light sleep.

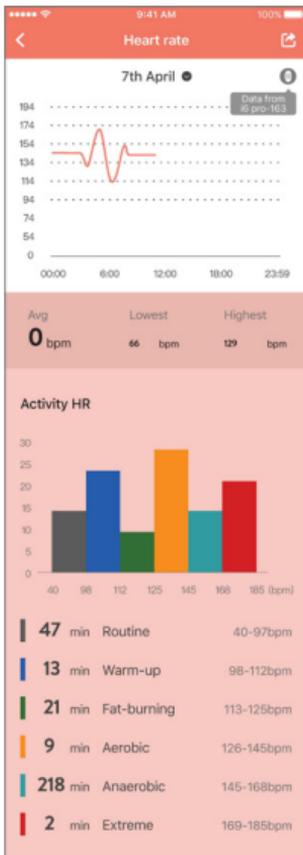
Steps and Calories

The steps screen gives a visual representation of how close you are to your daily goal, with more data about the number of steps you have taken, time taken, distance covered, and calories burned all showing below. Progress will be displayed in the graph of the screen and you can tap to see your progress daily, or select specify date you want to review.



Heart Rate

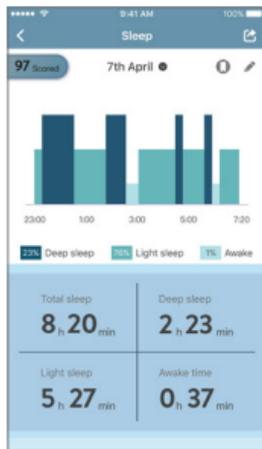
The heart rate screen illustrates your heart beat over time. You can see exact beats per minute at each data point on the graph or select specific date you want to review.



Sleep

The sleep screen will be populated if you wear your Nuband Optim in bed to track your sleep. Your deepest sleep periods will be shown in the darker blues, and periods awake show in pale green.

Further information about the time you fall asleep and wake up, and the amount of time you spent in deep and light sleep, is shown below the graph or review history by Day/Week/Month



Sleep Monitoring

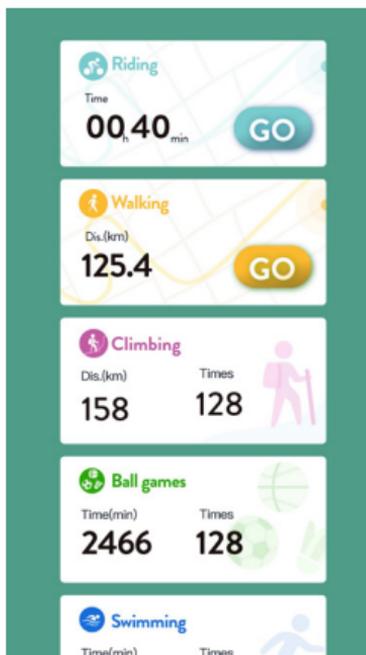
Wear the Nuband Optim when you go to bed at night, then you can check your sleep data monitored on the app after you get up in the morning. The watch goes into sleep monitoring from 8:00 pm to 9:00am the next day.

Note:

1. The sleep monitoring function will be stopped after you get up and move for 5-10 minutes.
2. The watch does not record daytime sleep data.

ACTIVITIES

The activities screen allows you to plan and record your physical activities.



GPS SPORT

Running/cycling/walking sport activity can connect phone GPS to review the sports route.

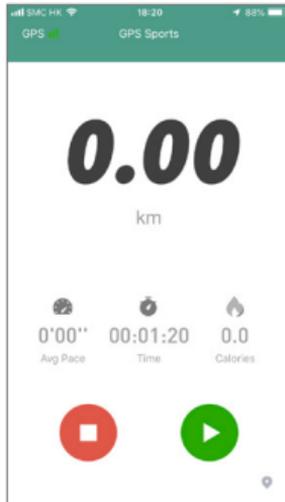
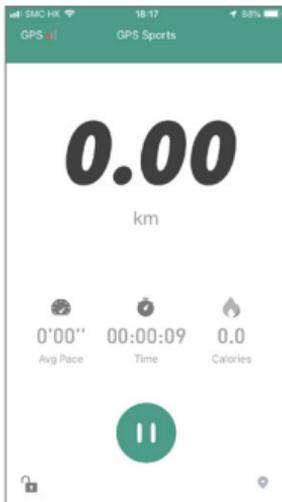
Press  to **START**

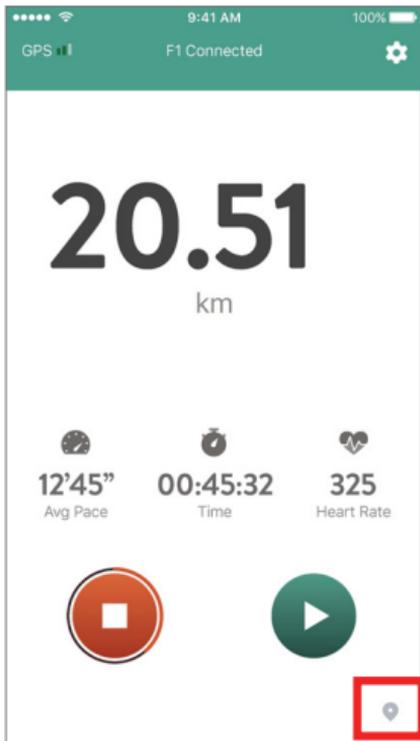
Press  to **PAUSE**

Press  to **STOP**

Long press  to **FINISH** the sport

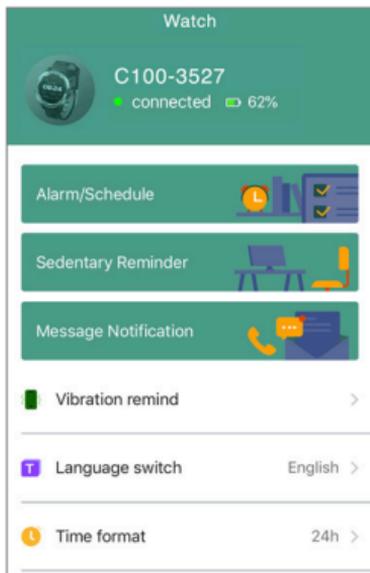
Press  to view the route / map of your location.





DEVICE

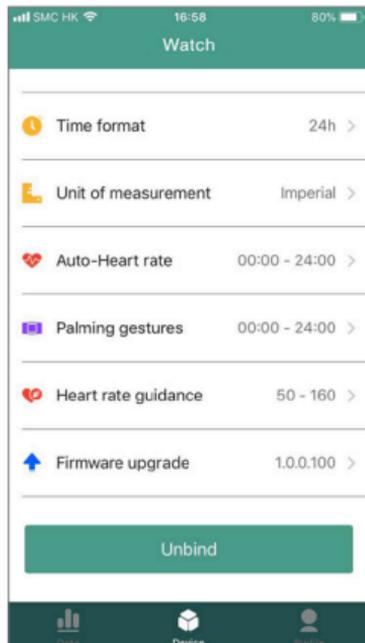
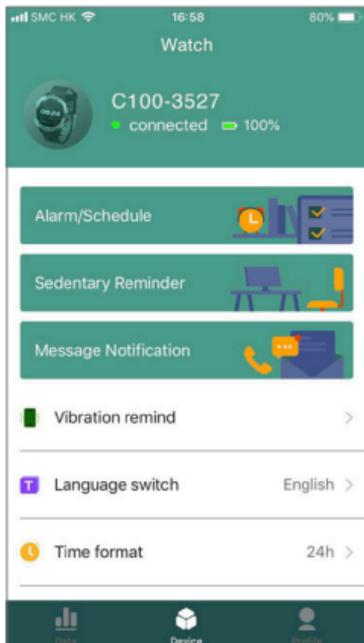
This screen tells you your Nuband Optim's Device Name, Battery level and connection status.



Should you wish to unpair your Nuband Optim from your phone, simply tap the green **“Unbind”** button in the bottom of the Device screen.

SETTINGS

Settings are found under Device. (There are more setting options by swiping down the screen)



ALARM / SCHEDULE

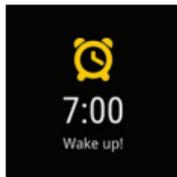
Clock Set

To set an alarm:

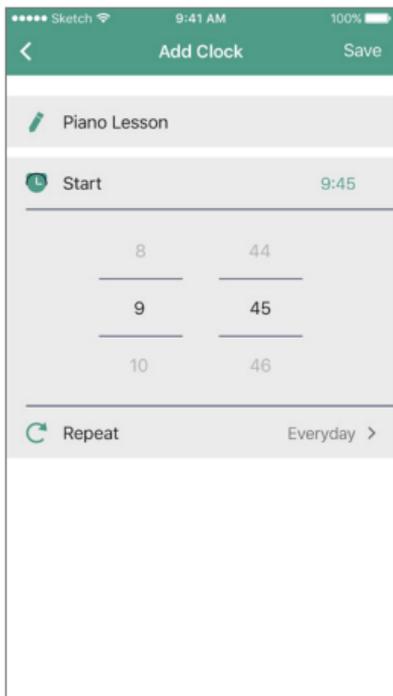
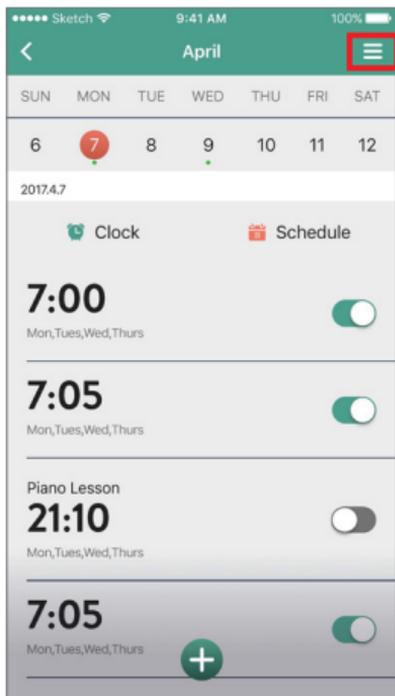
1. Tap into the **Alarm/Schedule** screen, tap **Clock**
2. Tap the **+** icon in the bottom of the app screen
3. Add any text you'd like to display on your Nuband Optim as a reminder
4. Select the time you want the alarm for
5. Tap the days you want the alarm and if you need it to repeat
6. Tap  to save
7. Your alarm will display on the clock list when you press  at right top corner.

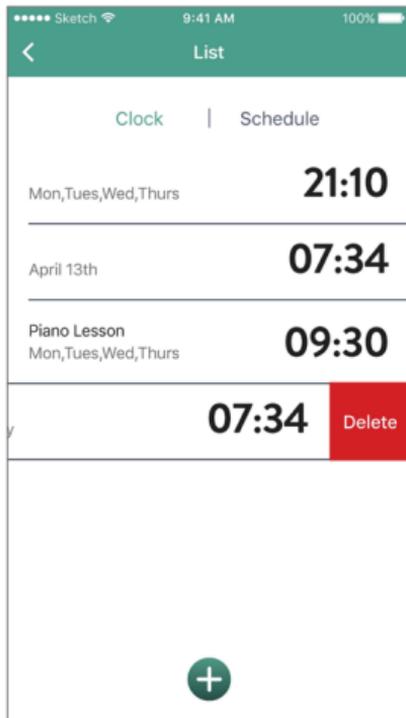
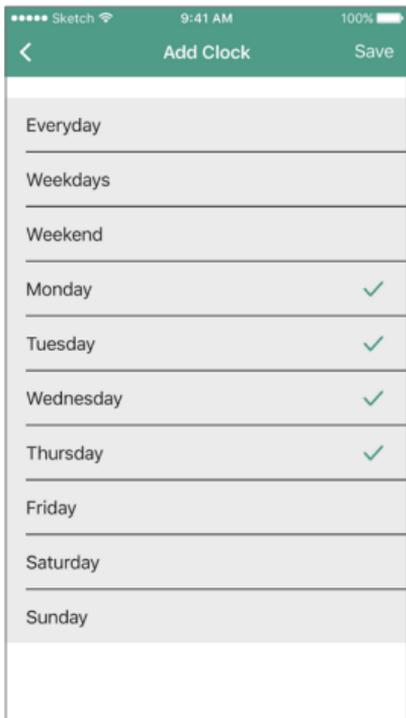
Your alarm will now show in the alarm settings screen. To disable an alarm, slide the toggle switch to the left, or to delete it completely.

Nuband Optim will remind you accordingly to your set Alarm.



Alarm Clock





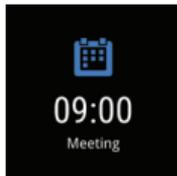
Schedule

To set reminders on your Nuband is similar to setting alarms:

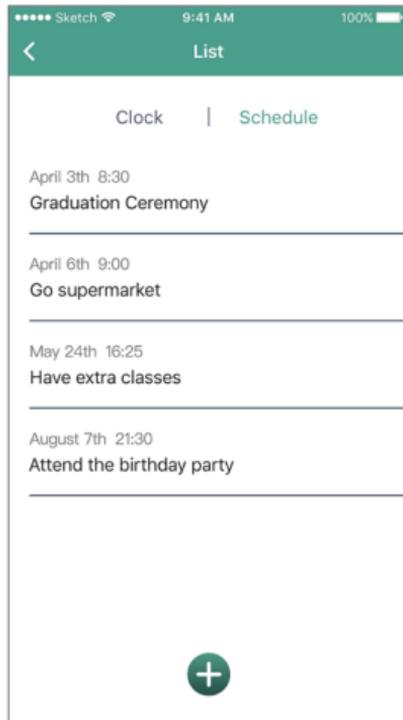
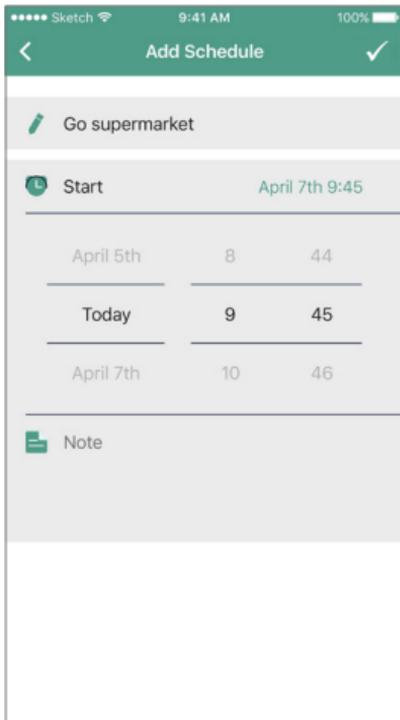
1. Tap into the **Alarm/Schedule** screen
2. Tap **Schedule**
3. Tap the **+** icon in the bottom of the app screen.
4. Select the date
5. Set the time
6. Enter the message you would like displayed on your Nuband
7. Tap  to save.
8. Your schedule will display on the **Schedule List** when you press  at right top corner

Your schedule will now show in the schedule list. To disable a schedule, slide to the left and press delete.

Nuband Optim will remind you accordingly to your Set Schedule.

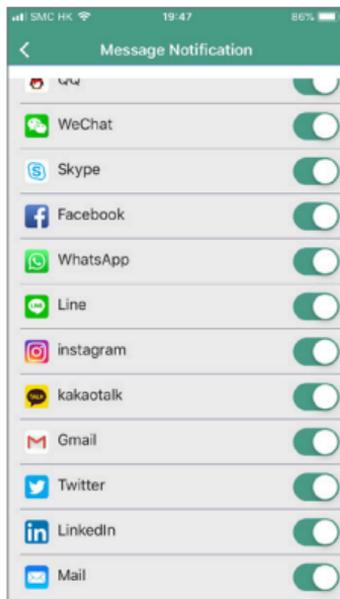
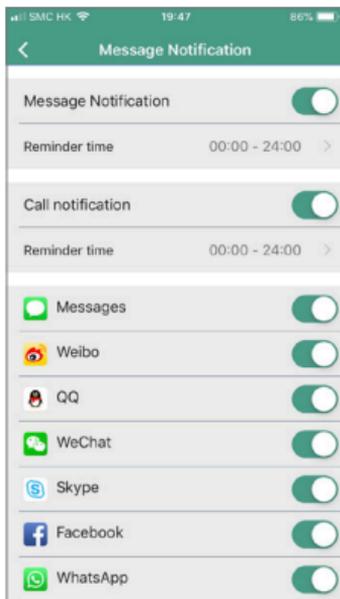


Schedule



Push Notifications

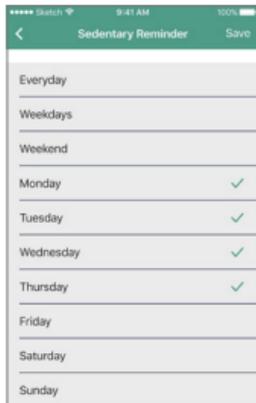
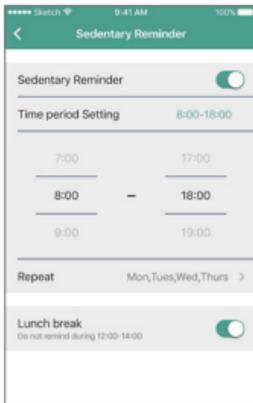
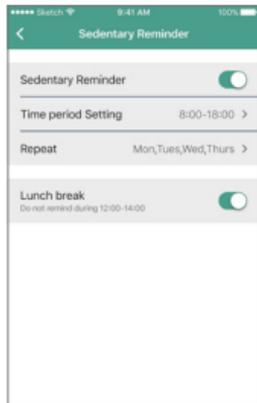
You can turn on Push Notifications and call notification simply using the toggle switch in Settings, but if you want to set which particular notifications get pushed to your Nuband, just simply set the toggle switches off and on as you prefer.



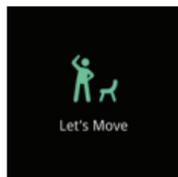
Sedentary Settings

If you would like your Nuband to remind you to get active during the day, set the alarm to on.

1. Tap into the **Device** screen
2. Tap **Sedentary Reminder**
3. Select which time period you would like to be reminded to move.



Nuband Optim will remind you accordingly to your Settings.



Sedentary Reminder

DEVICE SETTINGS

Vibration Reminder

You can set your vibration mode and cycles for call/message notification and/or sedentary reminder and heart rate alert.

Language Setting

Select your preferred language – simply tap the language you would like your Nuband to display in.

Time Format Setting

Tap Time Format Setting to change between 12 hour and 24 hour clock instantly on the Nuband watch face.

Unit of Measurement

Tap unit of measurement to change between metric and imperial.

Auto Heart Rate

Tap auto heart rate to set your heart rate time period.

Palming Gesture

Select whether you want to touch the screen to show the information, or to turn your hand over to show the screen. If the toggle switch is slide to the right, to wake your Nuband up simply turn your wrist over towards you. This updates on your Nuband instantly.

Heart Rate Guidance

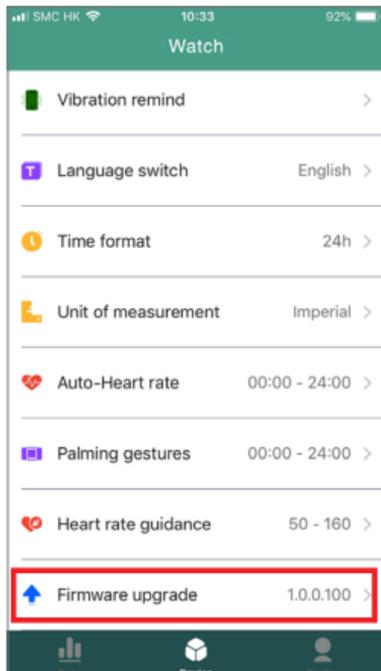
The following setting are valid only when you take exercise. When your heart rate is not in remind zone, Nuband will vibrate.

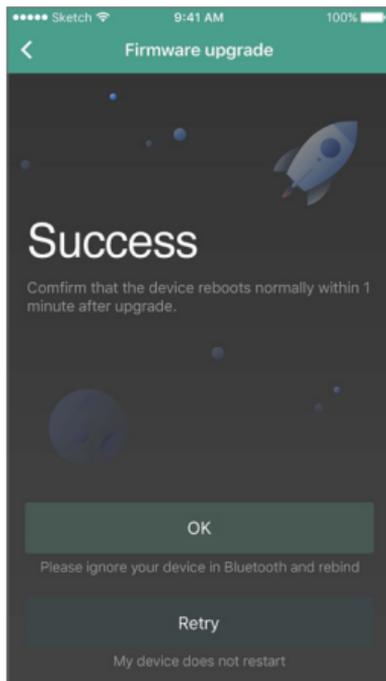
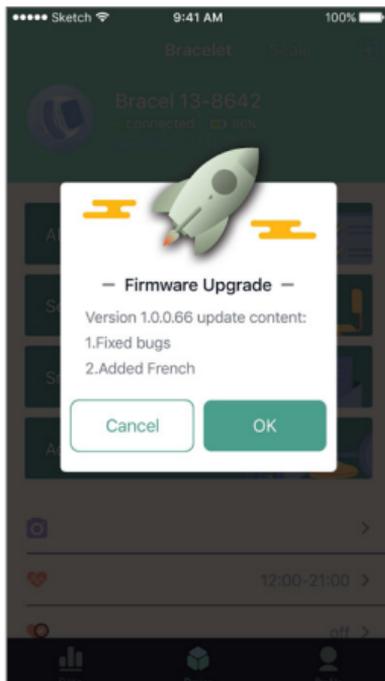
Firmware Upgrade

Tap **Firmware Upgrade**. If there is a firmware update available for your Nuband Optim, you will be able to tap **OK** to install the update.

Notes:

- 1) Make sure that the battery level is more than 50% before upgrading.
- 2) During the upgrade process, you can not quit halfway if the progress bar moves, keep the screen of your phone bright, and only when the upgrade is completed can you exit the interface, otherwise, the upgrade will fail.



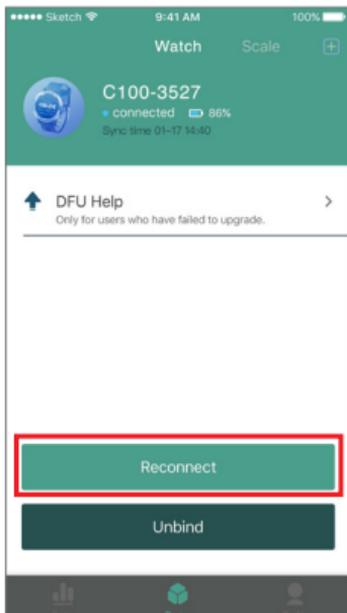
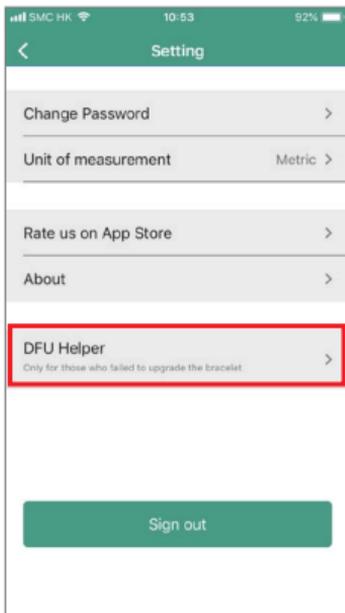


Upgrade Failed

Wait for the watch to restart automatically if upgrade fails.

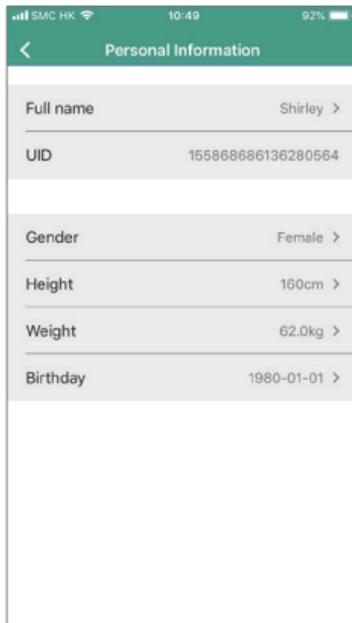
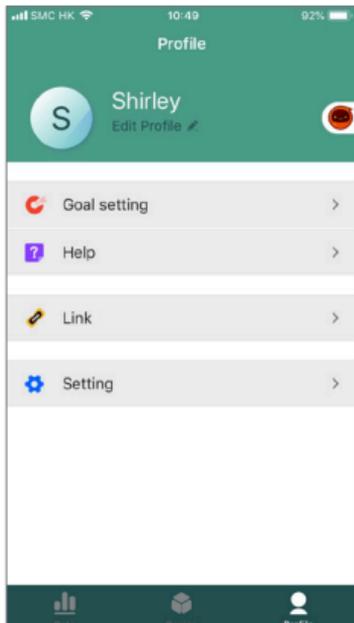
Then reconnect to the app for upgrading again.

If you fail during firmware upgrade, please go to **Setting** under **Profile** and press **DFU HELPER**.



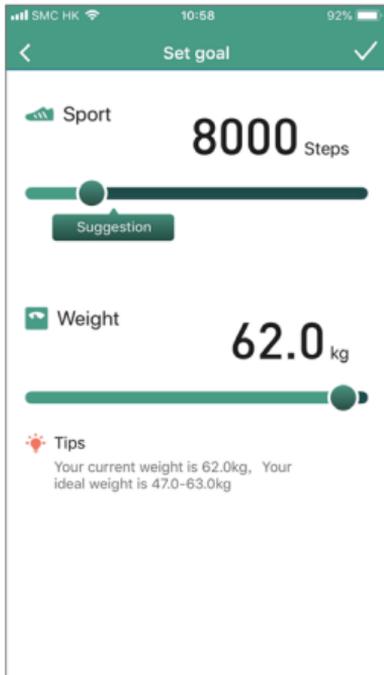
PROFILE

The profile screen allows you to add and update the information about yourself, enabling the app to more accurately predict calories expended when you have completed exercise. Simply tap each option to fill in the fields.



Goal setting

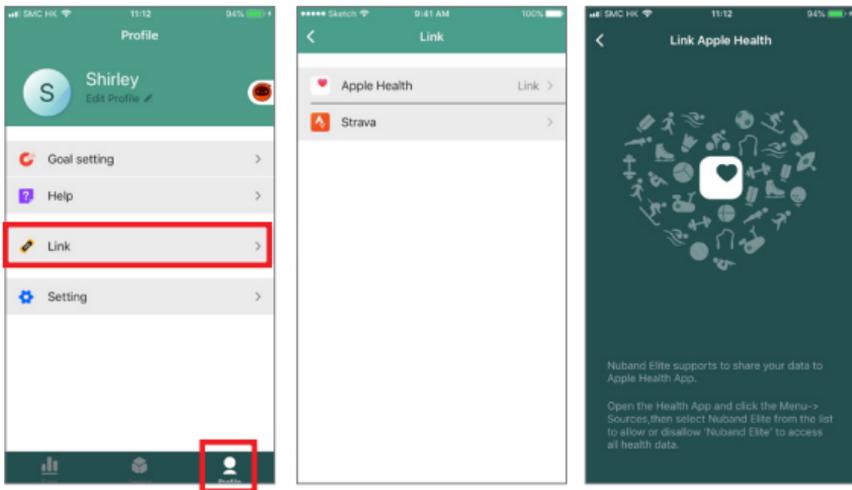
You can also set your steps and weight goal in this screen.



Link

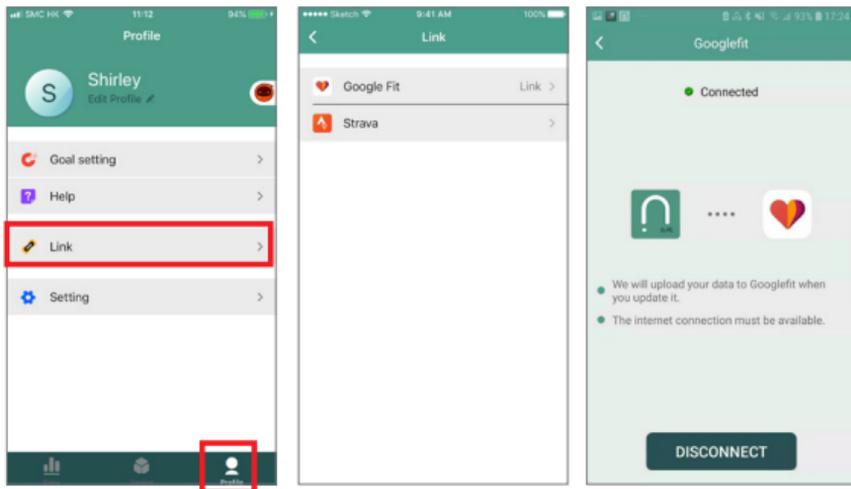
You could link with the activity and heart rate data into Apple Health.

1) Apple Health (Apple Phone)



You could link with the activity and heart rate data into Google Fit.

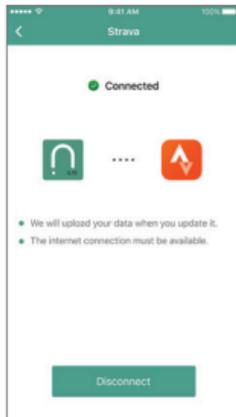
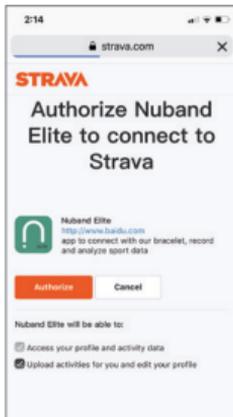
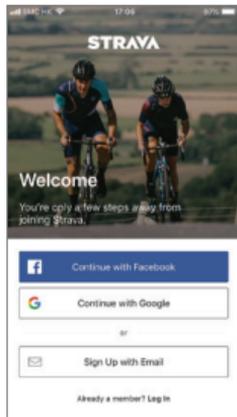
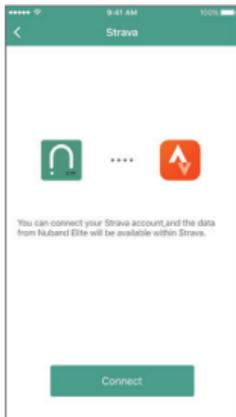
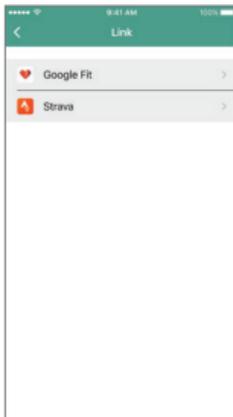
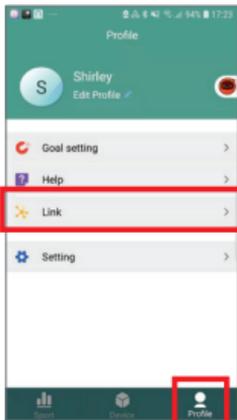
2) Google Fit (Android Phone)



SYNCING ACTIVITY DATA WITH STRAVA

1. Open “Nuband Elite” app -> Profile -> Select “Link” -> Strava -> Click “Connect” -> Log in with your email & password (If you are new to Strava and do not have a Strava account, then please download Strava APP to sign up) or choose to login via Facebook and Google -> Authorize Nuband Elite to connect to Strava -> Connected.
2. Sync the GPS-based activities data from your watch to the Nuband Elite app first, then find a workout on the app and click to view detailed historical data, successfully synced activities will automatically be pushed to your Strava account.

Note: You can only have GPS-tracked activities sync from Nuband Elite app to Strava.



NUBAND OPTIM COMPATIBILITY

The Nuband Elite app  will work with the following devices:

Android (*Android 5.0 upwards*)



Apple iOS (*version 9.0 upwards*)



Other Android smartphones and devices may be compatible; however we are unable to guarantee the reliability of the Bluetooth connection or the functionality of the app.

Specification Parameter

Display size	1.3 inch TFT color circular design	Physical size	45×45×20mm
Weight	About 45g	Working condition	0-40°C
Resolution ratio	240×240 Pixels	Adjustable wristband	150mm-250mm
Battery capacity	Li-Polymer battery 240mAh	Dustproof & Water resistance	IP67
Battery life	10-15 days (Receive an average of 50 messages & 5 calls per day, and palming gesture 50 times; turn on GPS for an average of half an hour per day; turn on 24-hour automatic heart rate monitoring). 10 hours (In GPS mode).		

Nuband Optim 12 Month Warranty

Nuband Optim is covered by a 12 months (1 year) warranty against defects in materials and workmanship under normal use.

If a hardware defect occurs within the warranty period of 12 months Nuband Optim will either replace defective part or provide a replacement product, providing proof of purchase is sent with the item. A replacement product or part assumes the remaining warranty of the original product or 12 months from the date of replacement or repair, whichever is longer.

When a product is exchanged or part of product is exchanged, any replacement becomes your property and replaced item becomes Nuband Optim property. Parts provided by Nuband Optim in fulfillment of this warranty obligation must be used in products for which warranty services is claimed. When returning product under warranty, item must be returned along with original packaging and retailer receipt. Without the receipt, the warranty will be considered invalid.

It is your responsibility to back any data up. If in repair or replacement, goal data is lost Nuband Optim claim no responsibility for this. Nuband Optim is not responsible for product failure caused by none compliance with product instructions. The warranty does not cover the cost of returning the product, this must be born by the customer.

No Nuband Optim reseller, agent or employee is authorized to make any modification, extension or addition to this limited warranty. If any term is held to be illegal, or unenforceable, the legality or enforceability of the remaining terms shall not be affected or impaired.

Nuband Optim Product Disclaimer

Nuband Optim is a device developed to assist monitoring aspects of your health but should never replace the professional advice of your Doctor or Physician. Nuband Optim are not a licensed medical conditions or any kind, or determining the effect of any specific exercise on a medical condition.

We strongly recommend that you should consult a Doctor or Physician before partaking in any type of physical exercise fitness plan or diet.

Returns

If your Nuband Optim should ever need to be replaced under warranty, send your Nuband Optim along with proof of purchase to the following address:

Dartmouth Brands Ltd
C/O Ibx Fulfilment
Unit 15 Hearder Court
Beechwood Way
Plymouth
PL7 5HH
UK
E-mail: info@nutechdesign.com

Because of possible loss, we recommend insuring your Nuband Optim, return receipt requested, when using the mail. If you do not obtain the proper receipt within a reasonable time, start a tracer through the originating post office. Please allow 2 to 3 weeks from the date we receive your package for your replacement Nuband Optim to arrive.

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