

nuband



NUBAND FLASH HR 2 NU-G0043

User Manual Version 1.1

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GETTING STARTED

Welcome to Nuband Flash HR 2, the smart fitness band. 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 Flash HR 2 do?

- 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
- 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 Flash HR 2 also:

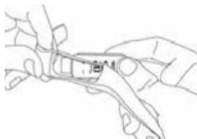
- Helps you set daily goals and see your progress, helping you stay motivated
- Helps you share your achievements with your friends via Facebook and Twitter or other social media.
- Helps you to keep the history of activity and sleep record
- Helps to remind you by alarm / schedule settings.

As with all devices, 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 FLASH HR 2

Follow the steps below to set up your Nuband Flash HR 2.

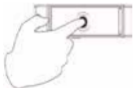
1. Charge your Nuband Flash HR 2 for 1-2 hours prior to use.
 - a. Remove the module from the strap, then plug the module into a USB charge socket (either on a computer or a plug). Battery symbol appears if it is plugged in the right direction and being charged. **Only one direction is chargeable.**



- 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 Flash HR 2 is charged, re-seat the module into the strap, place the Nuband 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*).

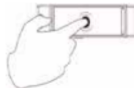
Three basic operation of Nuband Flash HR 2



■ Tap the screen
Switch type



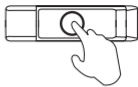
■ Swipe the screen
Switch mode/
Screen wake-up



■ Long press
Confirmation/
Turn on the device

Starting Your Nuband Flash HR 2



Get the band code.



Hold your finger on the screen for 10 seconds.

A 4 digits code and firmware version will show. Note this number for using when pairing your Nuband Flash HR 2 with your smartphone.

Switching your Nuband Flash HR 2 Off

To get the most accurate fitness information from your Nuband, it's best to keep your Nuband on, but if you need to switch it off, swipe up or down to the Function menu,  then swipe left to  then press and hold.

GETTING TO KNOW YOUR NUBAND FLASH HR 2

Wrist placement

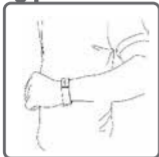
Your Nuband Flash HR 2 should sit on your forearm close to your wrist – exactly where you might wear a watch. Fasten the strap by the buckle.



Lighting the Nuband Flash HR 2 Screen

To save power, the screen is off. To wake up the screen either turn your wrist towards you or swipe the screen. Nuband has light sensor to detect the display brightness for “power save”.

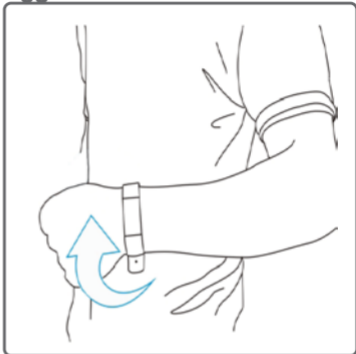
01



02



03



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

Home Display Icons

Across the top of the Nuband Flash HR 2 display, from left to right, the icons are:

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



The main part of the Nuband Flash HR 2 display shows the time and date/day.

Battery Life and Charging

Your Nuband Flash HR 2 charges fully in three hours - this three hour charge will last between 5-7 days. You can check how much battery your Nuband has in the App.

Charging your Nuband Flash HR 2 for more than three hours may cause the battery to wear out quicker.

Navigating the Menu

Swipe the screen of the Nuband Flash HR 2 up and down. To enter a secondary menu, swipe left. To confirm, press and hold on the screen. The Nuband will vibrate to acknowledge.

INTERFACE

Swipe the screen to Training, Function, Message.

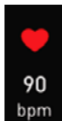


Activity Tracking

Tap the screen to display Steps, Heart rate, Calories, Distance



Steps



Heart Rate



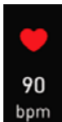
Calories



Distance

Heart Rate

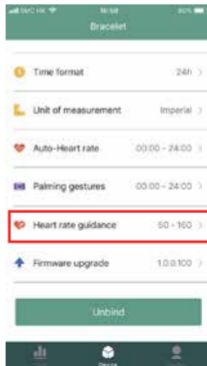
Tap the screen to display Heart rate data. It takes a few seconds to detect the current heart rate.



Reading

Current heart rate

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



A) TRAINING

1. Swipe the screen to Training menu. Then slide the screen to switch the sports. Swipe left to select the sport you require.



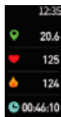
2. Hold the screen to start the sport.



3. Tap the screen to view the data in motion.



4. Hold the screen to end sport and view the full activity data. Swipe up or down to exit the data display.



B) FUNCTION

Tap the screen to enter the Function Setting mode. Slide the screen to switch Dial, Information, Restore set, Power off.



Change the dial face.

1. Hold the Dial interface to enter the dial exchange mode.



2. Slide the screen to select the dials.

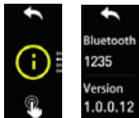


3. Long press the screen to confirm the choice of the dial display style.



Product Information

1. Long press on this icon to display the model and firmware information.



Restore Set

Long press the screen to reset your Nuband to factory setting. Schedule, Message, Alarm that have been set on will be cleared.



Power Off

Long press on this icon will turn the power off completely.



C) MESSAGE ALERT

Tap the screen to view details of the message.



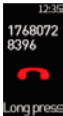
Swipe the screen to view the next message. Hold the screen to delete message. The Nuband screen only displays the last 5 messages recieved on your phone.

*Tap the  icon to return to the message page.



D) REMINDER

Nuband supports more reminders.



Incoming Call Reminder

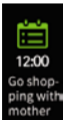
Show you who has called you.

Long press the screen to reject the call.



Alarm Clock

Select options to set the alarm.



Schedule

Show the items you have scheduled reminder for.



Sedentary Reminder

Reminds you to get up and move around.

NUBAND ELITE APP



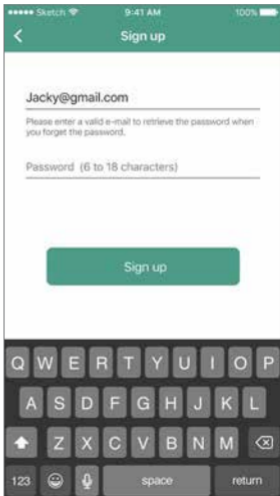
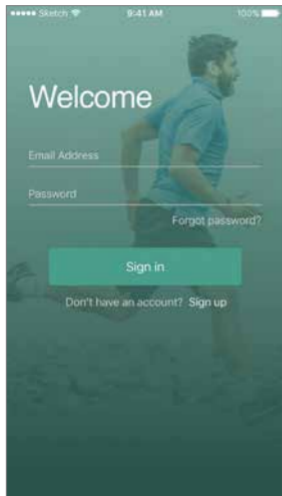
The Nuband Elite app can be downloaded from the Google Play and Apple App stores.



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

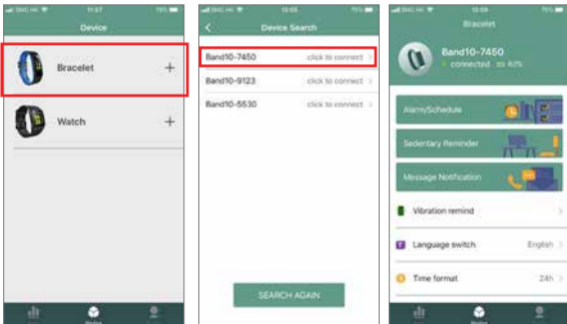
- Select Gender
- Select Height
- Select Weight
- Select Birthday

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



Connect the Nuband

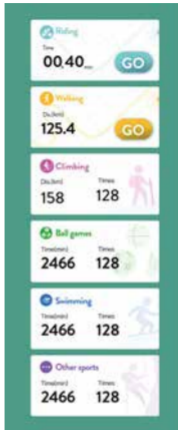
Under “Device”, choose “Bracelet”. Select the Nuband device for well connect. If you connect successfully, you will have Nuband device information show.



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.



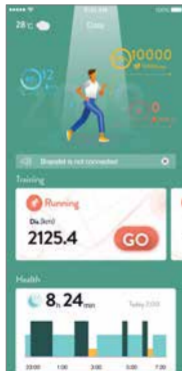
The **Step** count will show you how many steps you have taken, how long you have walked for, the distance you have covered and the calories you have burned while walking. The **Heart rate** will show you your average heart beats per minute, as well as your highest and lowest beats per minute.



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 Flash HR 2 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



ACTIVITIES

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



CONNECT GPS SPORT

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

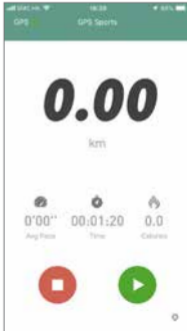
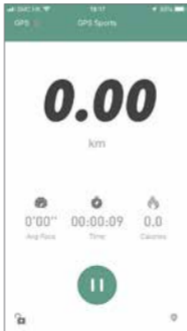
Press  to **START**

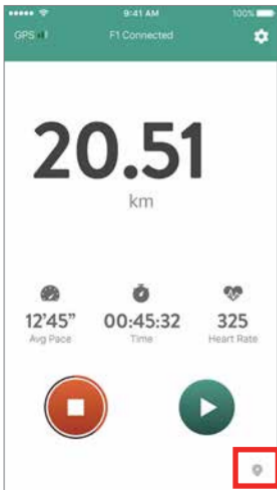
Press  to **PAUSE**

Press  to **STOP**

Long press  to **FINISH** the sport

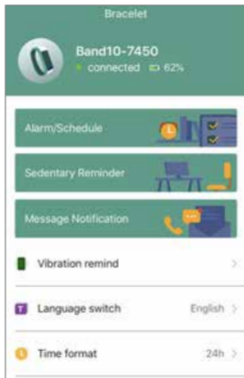
Press  to view the route / map of your location.





DEVICE

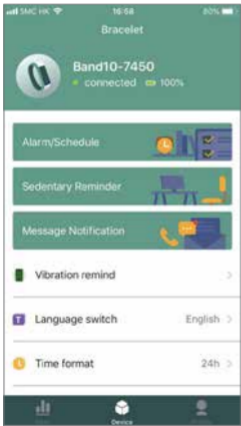
This screen tells you your Nuband Flash HR 2's Device Name, Battery level and connection status.



Should you wish to unpair your Nuband Flash HR 2 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)



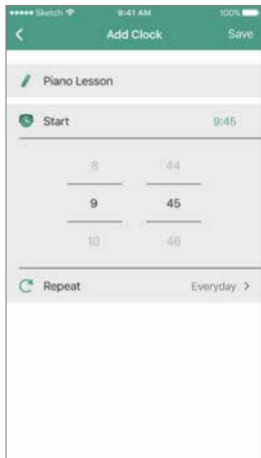
ALARM / SCHEDULE

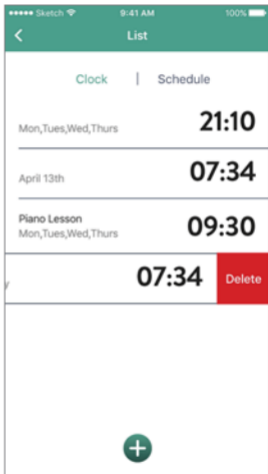
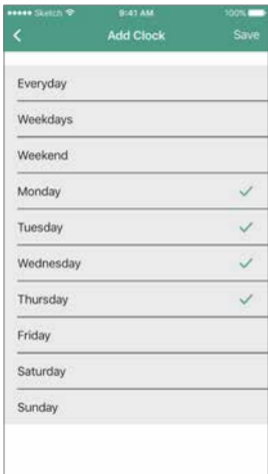
Clock Set

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 FLash HR 2 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.



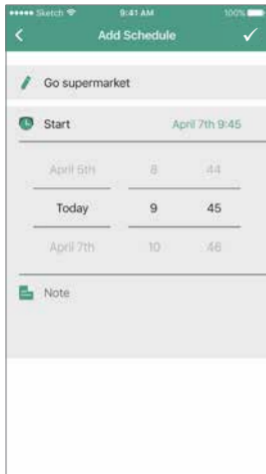


Schedule

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.



Push Notifications

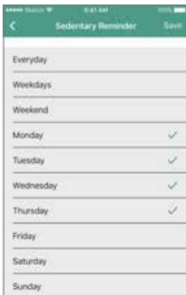
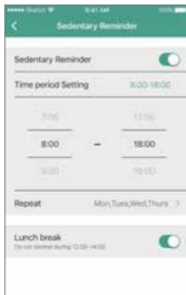
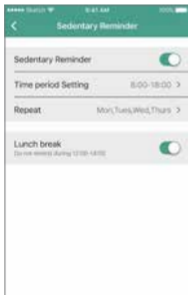
You can turn on Push Notifications and call notification simply using the toggle switch in Settings, but if you want to set which particular notifications get pushed to your Nuband, just simply set the toggle switches off and on as you prefer.



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



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

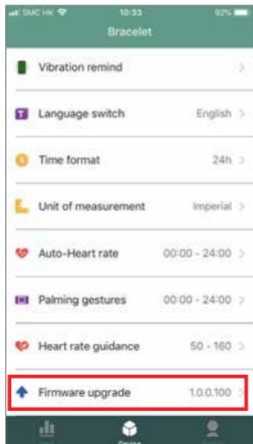
Select whether you want to touch the screen to show the information, or to turn your hand over to show the screen. If the toggle switch is slide to the right, to wake your Nuband up simply turn your wrist over towards you. This updates on your Nuband instantly.

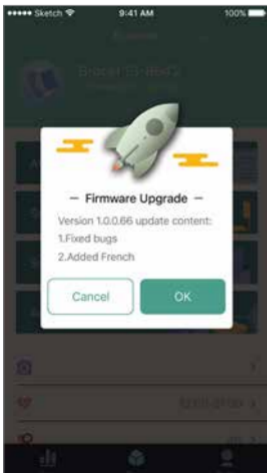
Heart Rate Guidance

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

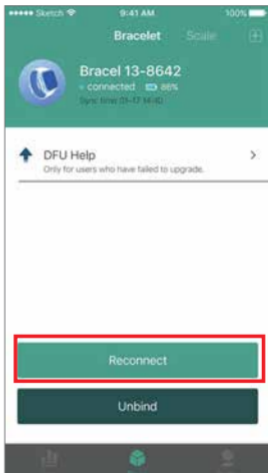
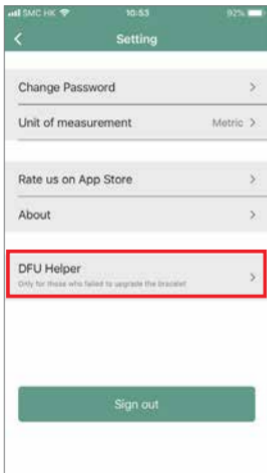
Firmware Upgrade

Tap **Firmware Upgrade**. If there is a firmware update available for your Nuband Flash HR 2, you will be able to tap **OK** to install the update.



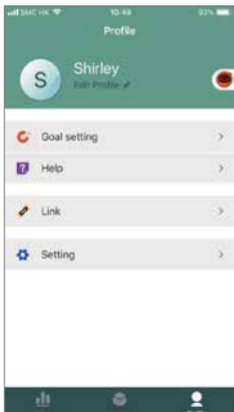


If you fail during firmware upgrade, please go to **Setting** under **Profile** and press **DFU HELPER**.



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.



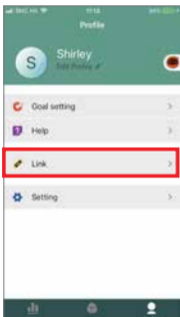
Goal setting

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.



NUBAND FLASH HR 2 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.

Main unit size: 49*19*10mm	Wristband: 252mm
Screen: TFT	Weight: 17.8g
Bluetooth: BLE4.2	Battery life: about 5-7 days
Working condition: 0-40°C	Protection Degree: IP67
Battery: Built-in rechargeable lithium battery	

Nuband Flash HR 2 24 Months Warranty

Nuband Flash HR 2 is covered by a 24 months (2 years) warranty against defects in materials and workmanship under normal use.

If a hardware defect occurs within the warranty period of 24 months Nuband Flash HR 2 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 24 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 Flash HR 2 property. Parts provided by Nuband Flash HR 2 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 Flash HR 2 claim no responsibility for this. Nuband Flash HR 2 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 Flash HR 2 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 Flash HR 2 Product Disclaimer

Nuband Flash HR 2 is a device developed to assist monitoring aspects of your health but should never replace the professional advice of your Doctor or Physician. Nuband Flash HR 2 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 Flash HR 2 should ever need to be replaced under warranty, send your Nuband Flash HR 2 along with proof of purchase to the following address:

Dartmouth Brands Ltd
C/O Ibex 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 Flash HR 2, 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 Flash HR 2 to arrive.

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