

nuband



Nuband Flash HR

NU-G0020

User Manual Version 1.3

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Getting Started

Welcome to Nuband Flash HR, 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 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
- Camera Remote Control

In conjunction with the Nuband Pro app, your Nuband Flash HR 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 (optional)
- Helps you monitor your water intake
- Helps you to keep the history of activity and sleep record

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

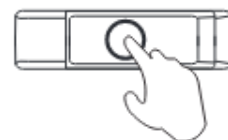
Follow the steps below to set up your Nuband Flash HR.

1. Charge your Nuband Flash HR 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)
 - b. The screen will show 100% when it is fully charged.
2. Ensure the Bluetooth is enabled on your smartphone or tablet
3. When your Nuband Flash HR is charged, re-seat the module into the strap, place the Nuband on your wrist and push the studs through the holes.
4. Install the Nuband Pro app on your smartphone or tablet (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 or tablet. (more information and screenshots are in the App guidance in this guide)





Starting Your Nuband Flash HR

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 with your phone or tablet.



Switching your Nuband Flash HR 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.

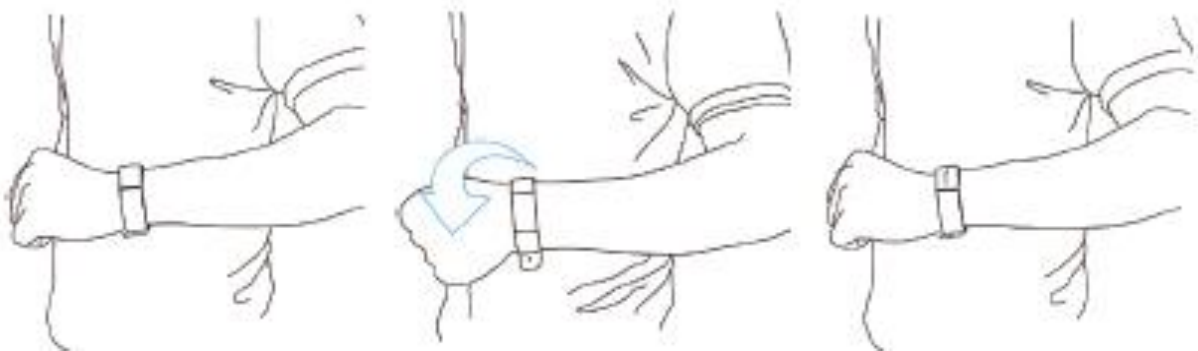
Getting to know your Nuband Flash HR

Wrist placement

Your Nuband Flash HR should sit on your forearm close to your wrist – exactly where you might wear a watch. The studs on the strap simply push into the holes – no fiddly buckles.

Lighting the Nuband Flash HR Screen

To save power, the screen is off. How you wake it up depends on how you have set it in the app (in the Settings under Palming Gesture), but either turn your wrist towards you or double tap the face of the module.





Home Display Icons (on the dial)

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

1. Connection Status
2. Message Alert
3. Do Not Disturb (if activated in the app)
4. Battery level

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

Changing the Dial

Swipe to the Function menu , swipe left to the Dial screen  then press and hold to choose from four face options.

Battery Life and Charging

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

Nuband and Water

Your Nuband Module is not fully waterproof (it is splash-proof), so please don't swim, shower or bathe in it. You can clean your Nuband module with a damp cloth, and the strap can be washed in warm soapy water.

Changing the Wristband

To change the wristband, follow the instructions to remove and insert the module from the Setting Up Your Nuband Flash HR section.

Restoring Your Nuband

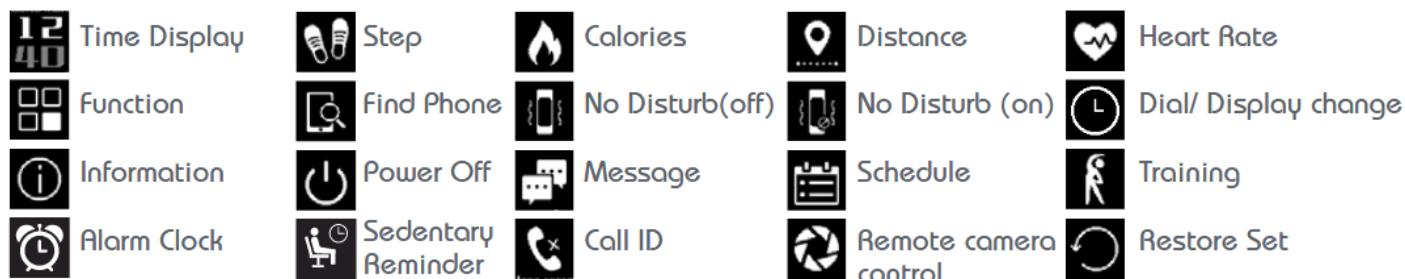
Switch to Function menu  then swipe to  hold and press the screen until you see **Restore Default Settings**.

Press and hold **Yes**, the bracelet will vibrate and revert to the time display. (Press No at this point if you want to reconsider)

The band will default to the firmware version settings, delete scheduled data, delete all message notices and disconnect the Bluetooth pairing information.

Navigating the Menu

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



Time Display	Displays the time in four face options
Function	Allows access to the No Disturb, Dial, Information, Restore set and Power Off functions
Information	A long press on this icon displays the model and firmware
Alarm Clock	Select options to set the alarm
Step	Shows the current step count for that day
Find Phone	This function can make your phone ring to help you find it. Settings in the app
Power Off	Long press on this icon turns the tracker off completely
Sedentary Reminder	Reminds you to get up and move around
Calories	Shows you how many calories burnt today
No Disturb (off)	Sets the Nuband to not disturb you
Message	Displays the last eight messages received on your phone
Call ID	Shows you who has called you
Distance	Shows the distance covered today
No Disturb (on)	Allows you to switch Do Not Disturb on
Schedule	Shows the items you have scheduled reminders for
Remote Camera Control	Allows you to use your Nuband to take a photo on your phone remotely
Heart Rate	Displays your current heart rate
Dial/Display Change	Allows you to change the time and date dial
Training	Sets your Nuband into Training mode for an activity you have set up
Restore Set	Allows you to reset your Nuband to factory settings

Viewing Today's Data

Open the time display, keep swiping left to view the number of steps, calories, distance covered and heart rate.



Step



Calories



Distance



Heart Rate


Viewing Messages Received

Your Nuband will show your messages from your phone or tablet on the screen, and store a maximum of 8. To access them again, swipe up to the Message menu, then swipe left to view the messages. Press and hold to delete a message.


Entering Training Mode

Swipe up to the Training menu, swipe left to select the sport you require – set these up in the app. Press and hold to enter the mode. When you have finished, press and hold to complete the entry.

Using the Phone Finder

Swipe up to the Function menu, swipe left to  then press and hold to make your phone ring. This feature will only work if your phone is set to ring (not silent) and is connected to the Nuband.

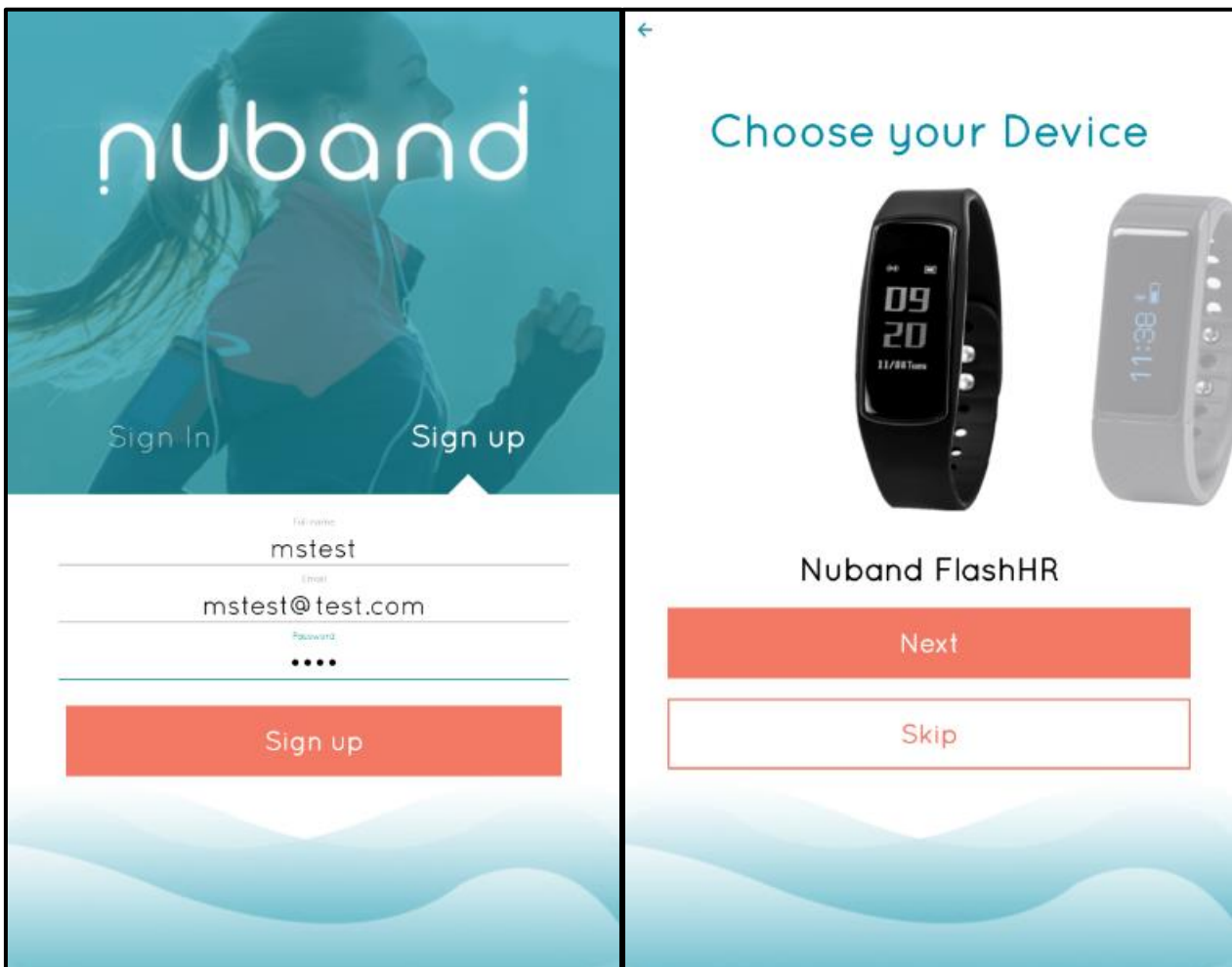
Viewing Your Schedule

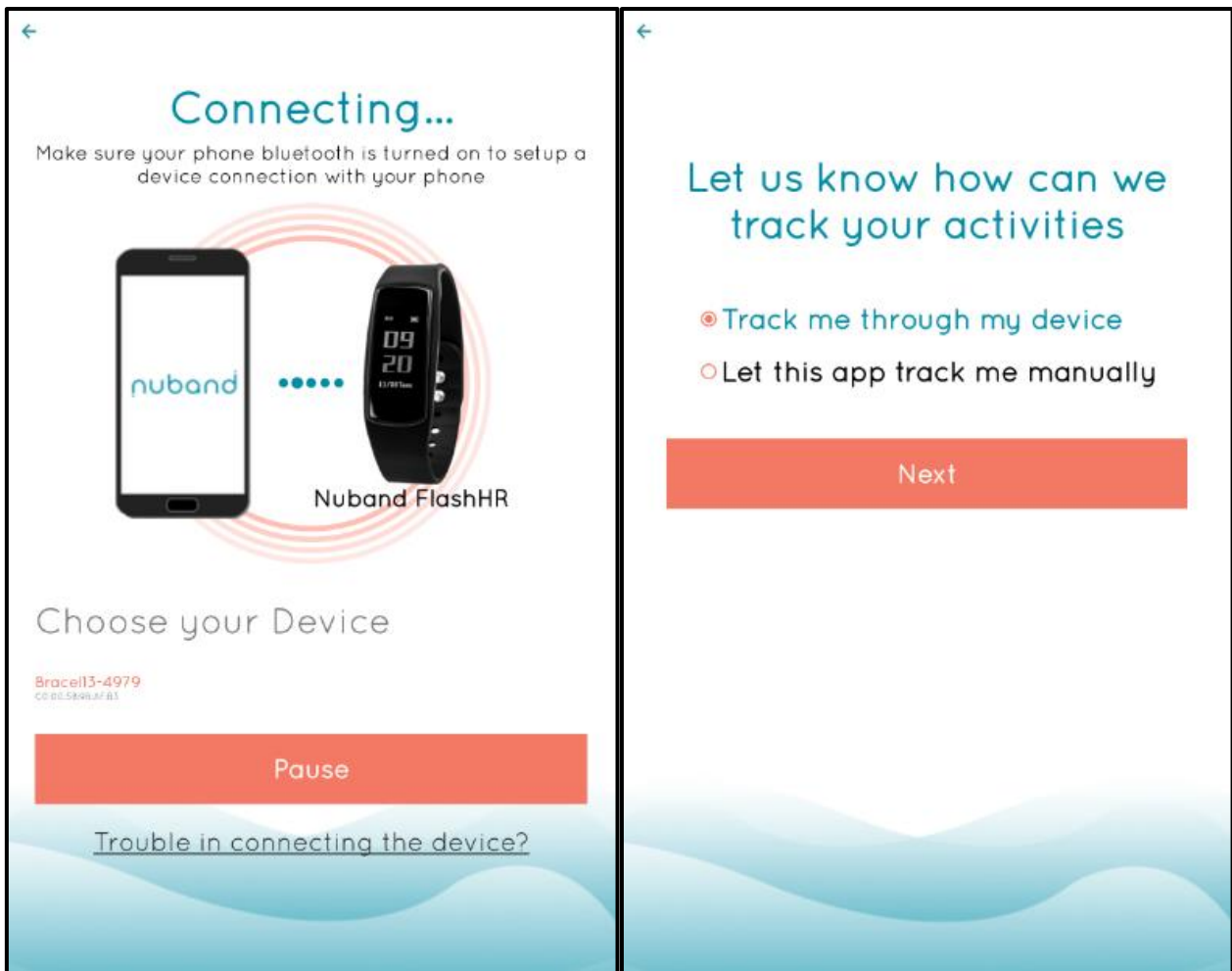
Swipe up to the Schedule menu  then swipe left to view items you have scheduled in the app.

Nuband Pro App

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

- Tap **Sign up**, then select a username, email and password
- Connect to the Nuband – choose your device (you will find your device's ID as you switch your Nuband on, or you can navigate to the Information menu on the Nuband and press and hold to see the ID)
- Choose how you want to track your activities – using your Nuband or manually in the app
- Choose the device you have, tap **Next**





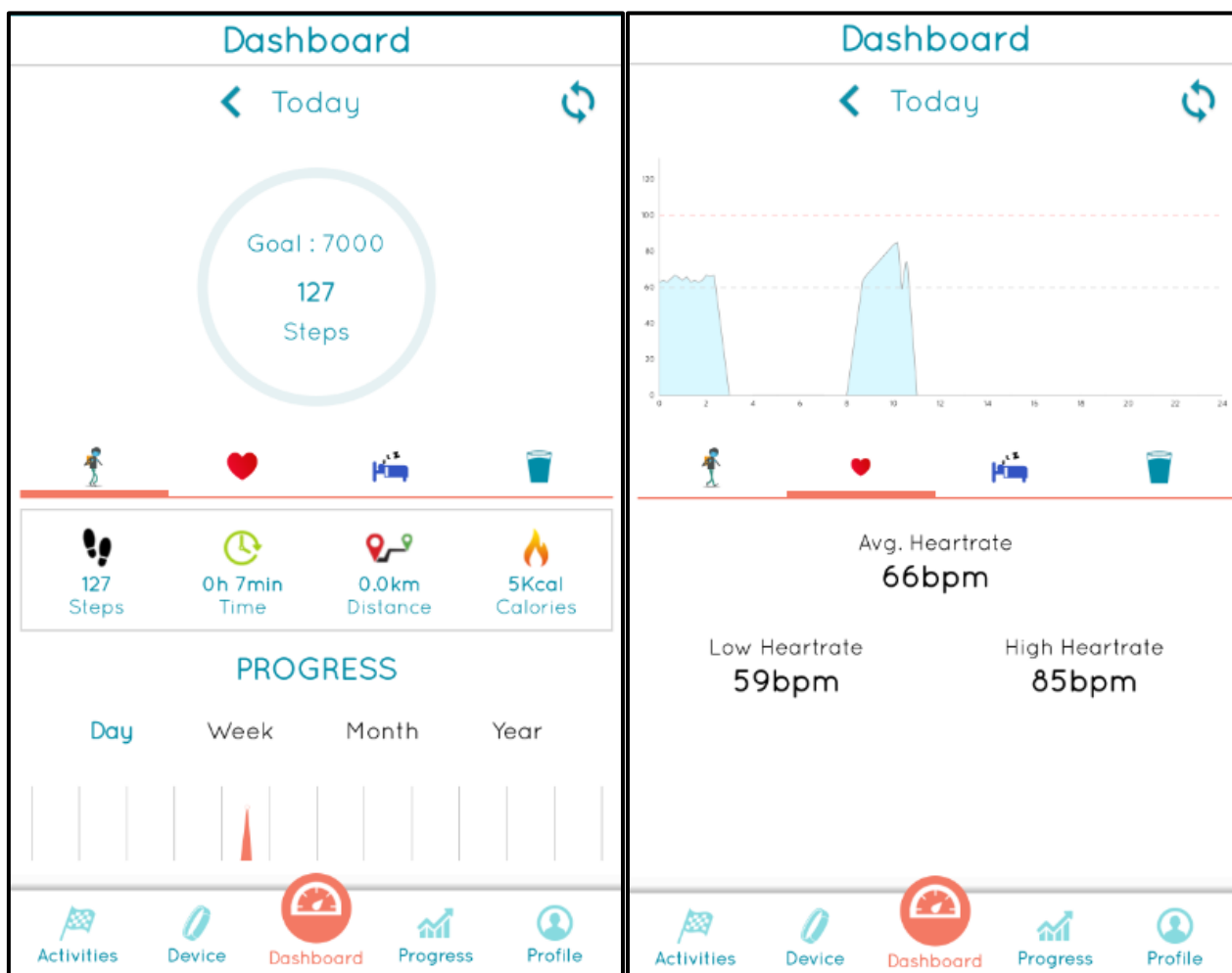
When you have completed this connection, you will need to tell the app about yourself, before the Dashboard screen loads.

Dashboard

The Nuband Pro app will normally open on this screen, but to navigate back to it at any time, tap the Dashboard icon (centre of the screen, at the bottom).

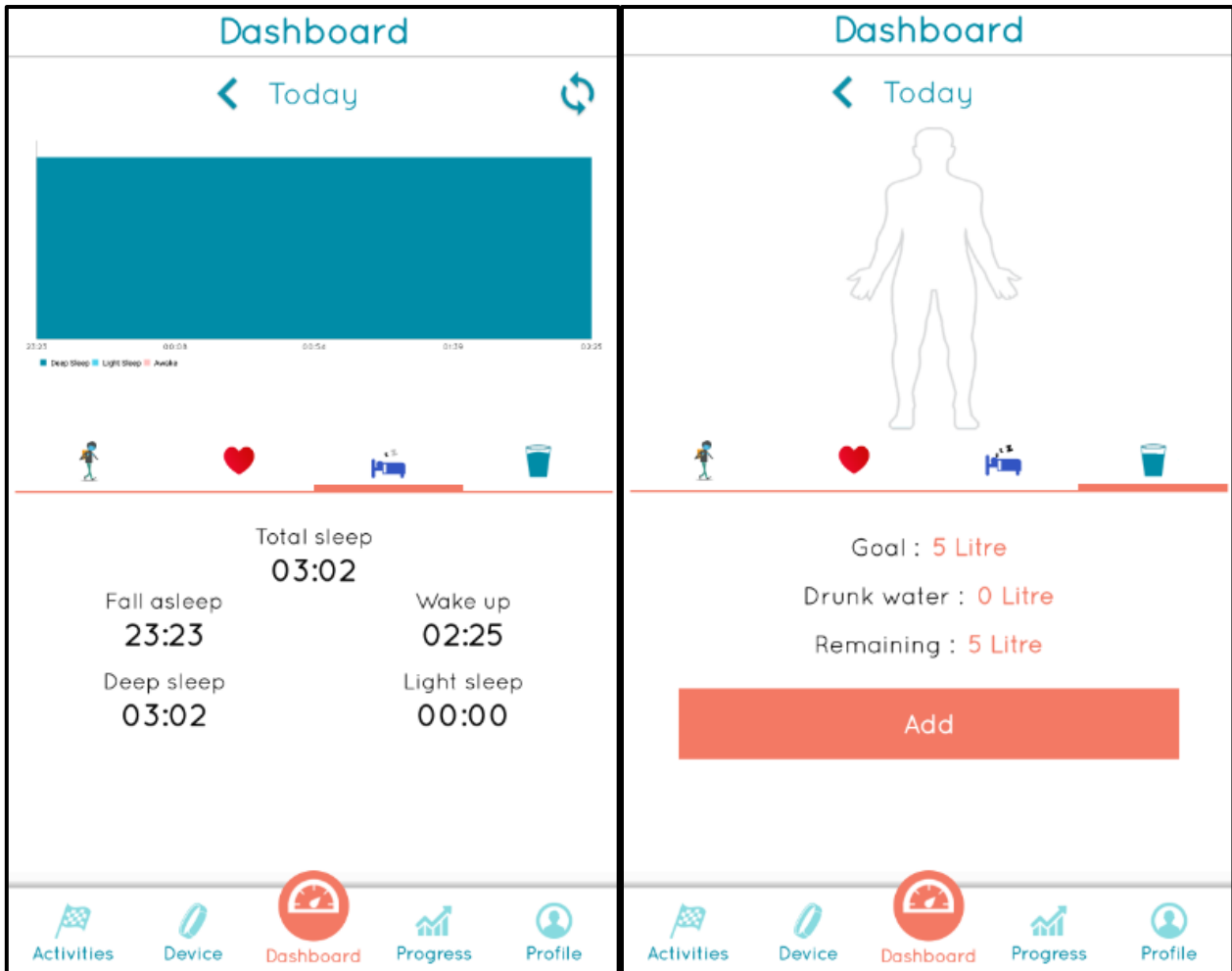
From the Dashboard Screen, it is easy to see your Steps, Heart Rate and Sleep activity – simply tap whichever option you want to see.

To navigate between your data for the days you have worn your Nuband Flash HR, you can tap the < and > icons next to the date at the top of the screen.



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.

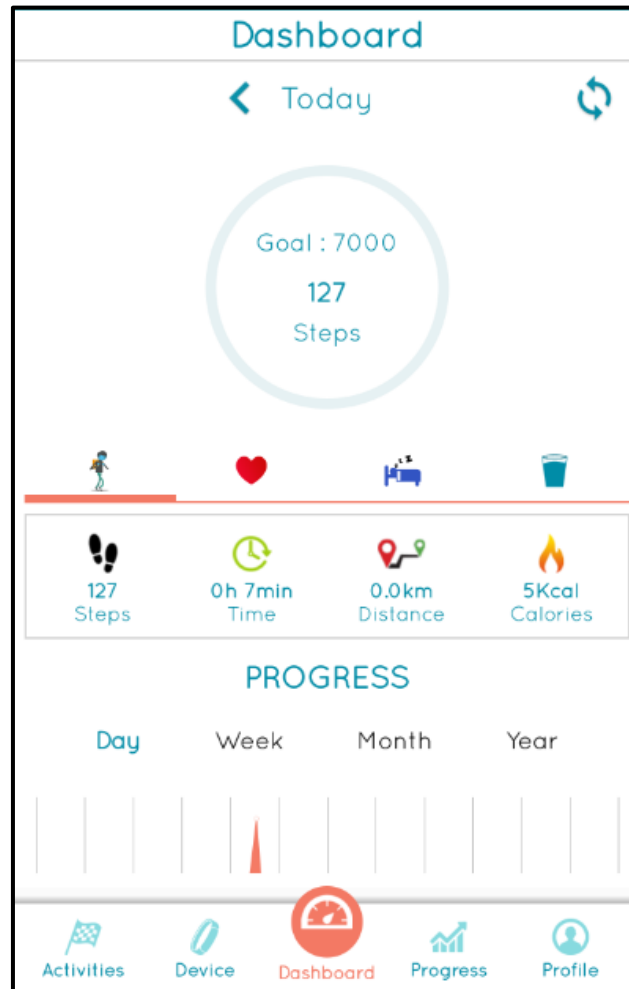


In the Sleep information, you can see the total amount of time you were asleep, with more information about when you woke, and time spent in deep and light sleep.

The Water screen shows you how much water you have consumed so far today. You can update this in the app.

Steps

The steps screen gives a visual representation of how close you are to your daily goal in the circle, with more data about the number of steps you have taken, time taken, distance covered and calories burned all showing below.



Heart Rate

The heart rate screen illustrates your heart beat over time. You can drag your finger across the graph to show a tag that pinpoints the exact beats per minute at each data point on the graph.



Sleep

The sleep screen will be populated if you wear your Nuband Flash HR in bed to track your sleep.

Your deepest sleep periods will be shown in the darker blues, and periods awake show in pale pink.

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.



Water Intake

The water intake screen allows you to keep track of how much water you've drunk over time.

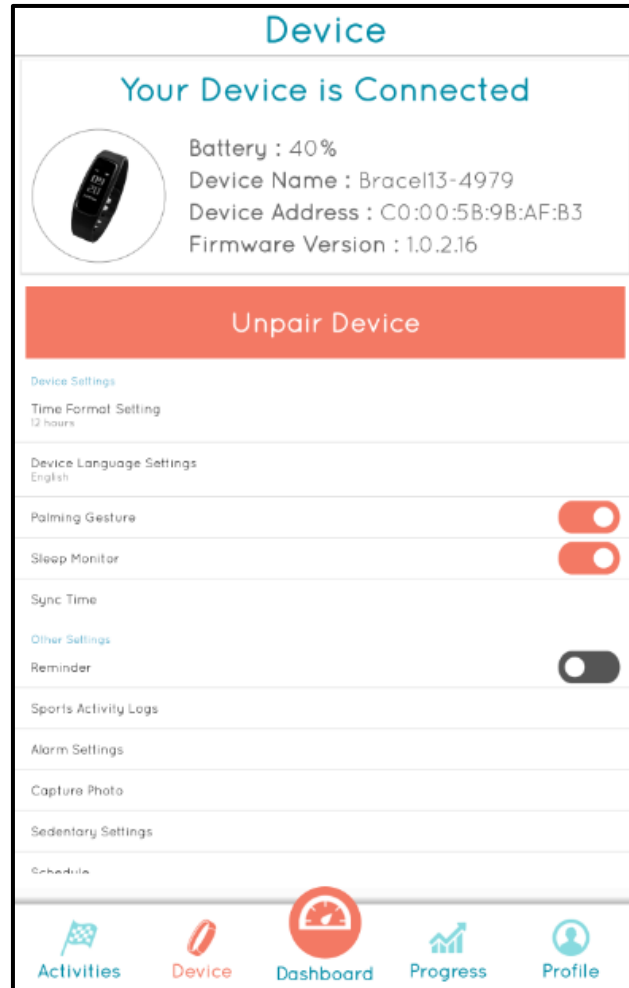
Simply tap **Add** to update your water intake in litres. The graphic of the person will fill with colour as you record each drink.



Device

This screen tells you your Nuband's Device Name, Address and Firmware Version.

Should you wish to unpair your Nuband from your phone, simply tap the orange **Unpair Device** button in the middle of the Device screen.



Settings

Settings are also found under the Device screen.

Device Settings

Time Format Setting

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

Language Setting

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

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 (slide) switch is green, to wake your Nuband up simply turn your wrist over towards you. This updates on the Nuband instantly.

Sleep Monitor

Choose whether you want your Nuband to track your sleep. If you do, ensure the toggle switch on the settings screen is green.

Sync Time

If your Nuband isn't displaying the correct time (for example, if the battery ran out) to update it to the correct time, simply tap Sync Time.

Other Settings

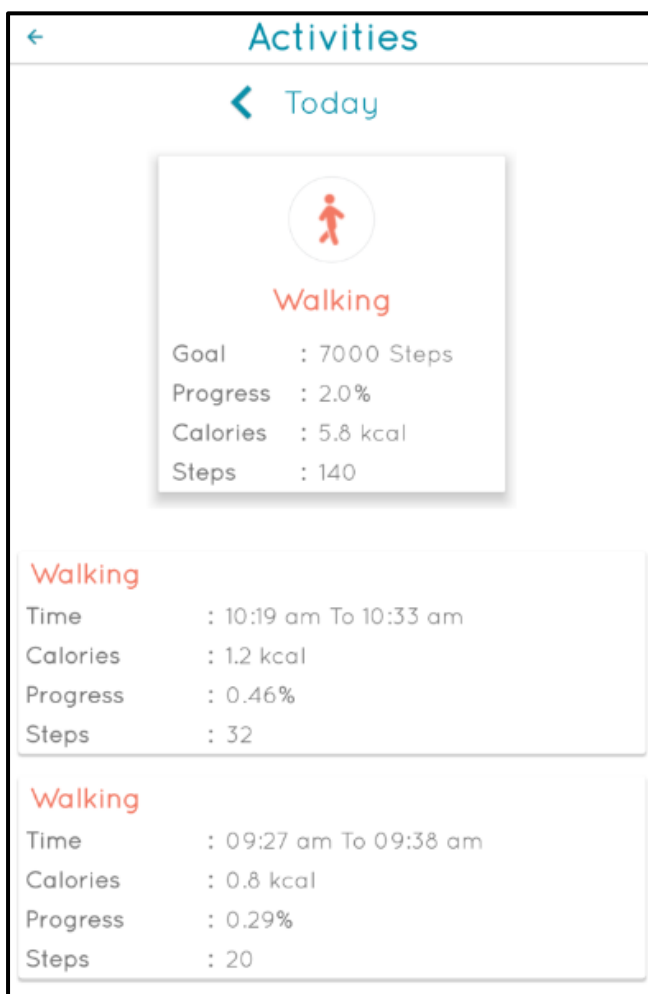
The below settings are also found in the Device screen.

Reminder Settings

If you want to set reminders on your Nuband Flash HR, make sure this setting is switched on using the toggle switch – it will be orange if it is switched on.

Sports Activity Log

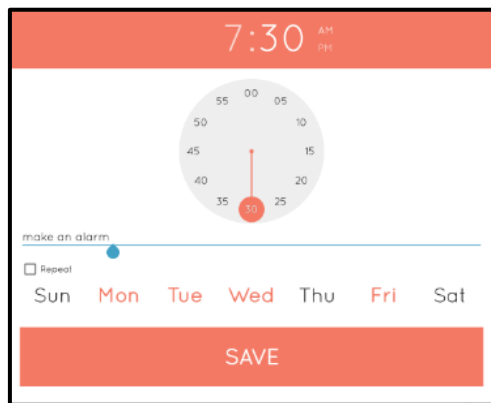
The Sports Activity Log shows the activities carried out per day. You can scroll through previous days by tapping the < > icons next to the date.



Alarm Settings

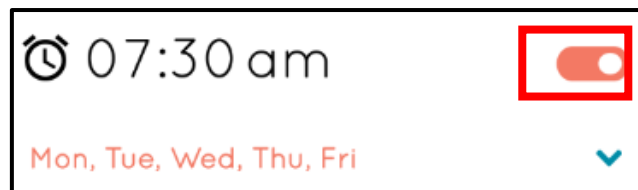
To set an alarm:

1. Tap into the **Device** screen
2. Tap the + icon in the bottom left of the app screen
3. Select the time you want the alarm for – drag the hands on the clock round to set the hour, then tap the minutes and drag the hands on the clock to set the minutes
4. Add any text
5. Tap the days you want the alarm and if you need it repeating.



Your alarm will now show in the alarm settings screen.

To disable the alarm, toggle the switch as shown below to off.



Schedule

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

1. Tap into the **Device** screen
2. Tap **Schedule**
3. Tap the + icon in the bottom right of the app
4. Select the date
5. Set the time
6. Enter the message you would like displayed on your Nuband
7. Tap **Save**
8. Your schedule will display on the **Schedule List**

Capture Photo

To use your Nuband as a remote for taking a photo:

1. Tap into the **Device** screen
2. Tap **Capture Photo**
3. Set up your phone and pose for the shot
4. When you're ready, tap the screen of your Nuband
5. Your photo(s) will be in your phone's photos app

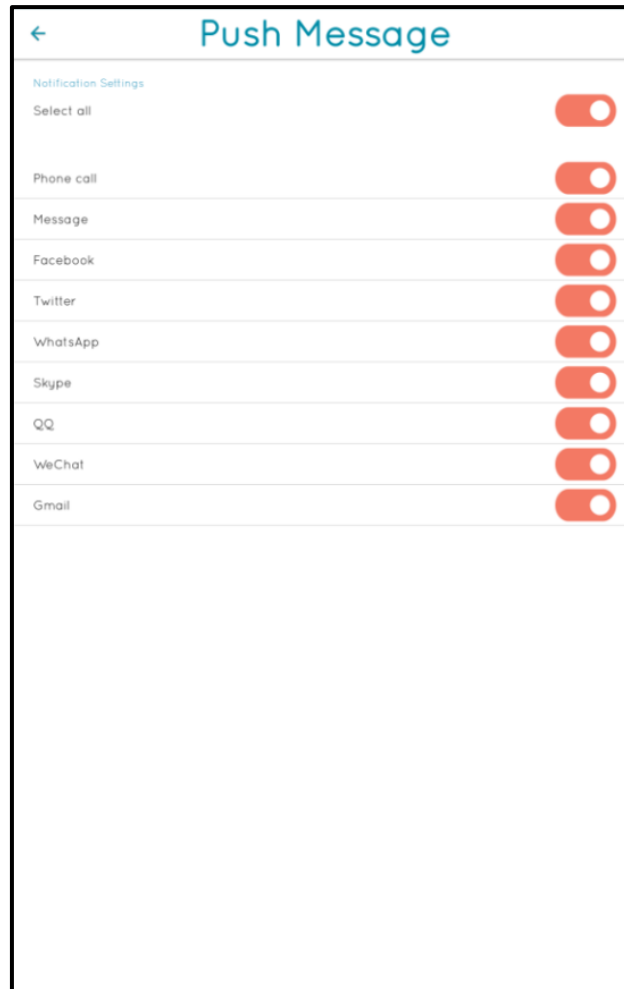
Sedentary Settings

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 Settings**
3. Select which hours you would like to be reminded to move
4. Set which days you want reminding (tick the boxes) next to the days you prefer to be reminded
5. Set whether you would like to repeat the alert
6. Tap **Save Sedentary Alarm**

Push Notifications

You can turn on Push Notifications simply using the toggle switch in Settings, but if you want to set which particular notifications get pushed to your Nuband, tap Push Notifications to enter the Push Message options. Simply set the toggle switches as your preference.



Vibration Settings

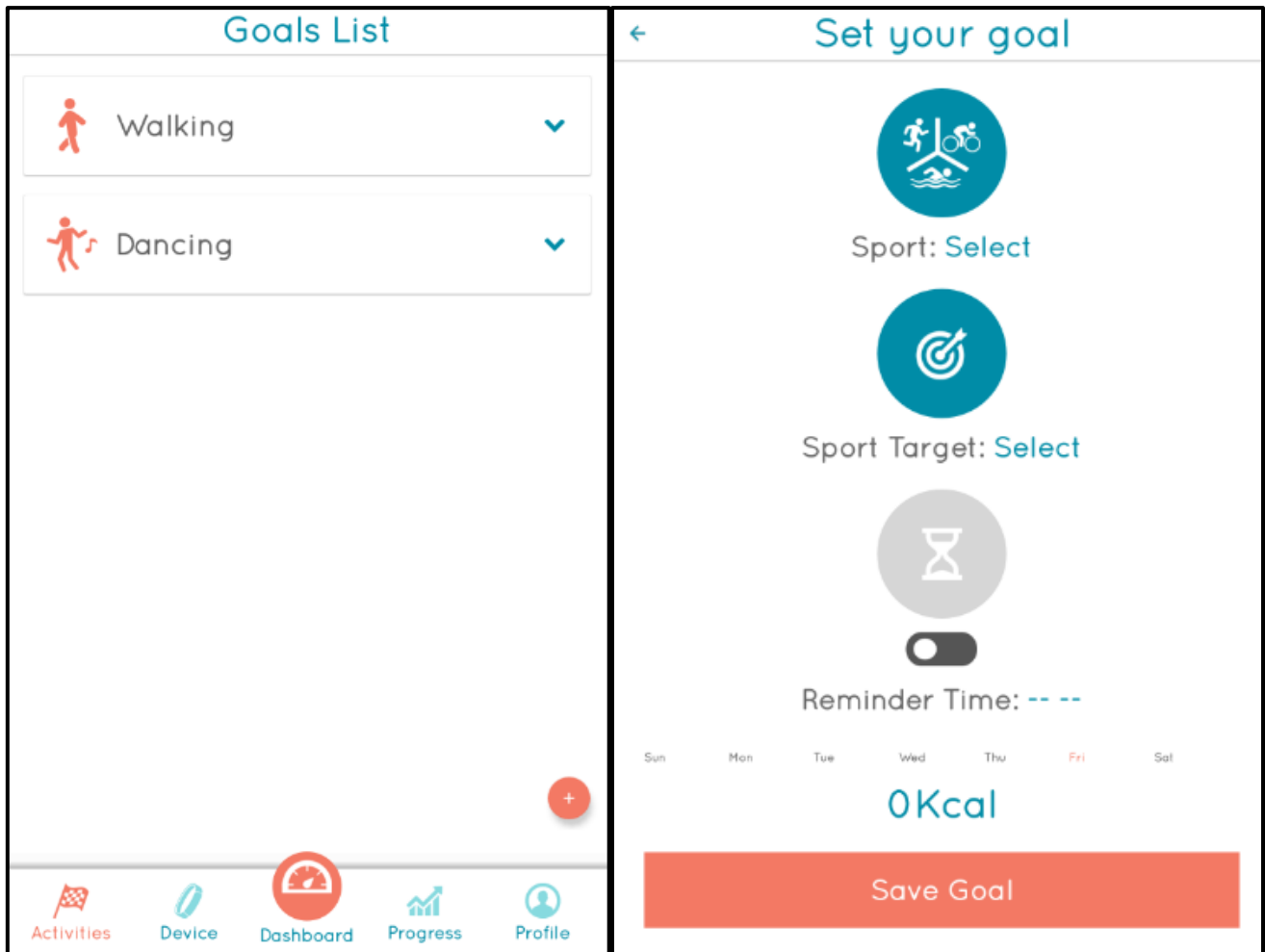
To set the amount of vibration you feel from the Nuband for different alerts:

1. tap into the **Device** screen
2. Tap into the vibration mode and vibration counts options then select which vibrations you prefer.

You can turn off the vibrations for alerts completely by selecting **0 Times**.

Activities

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

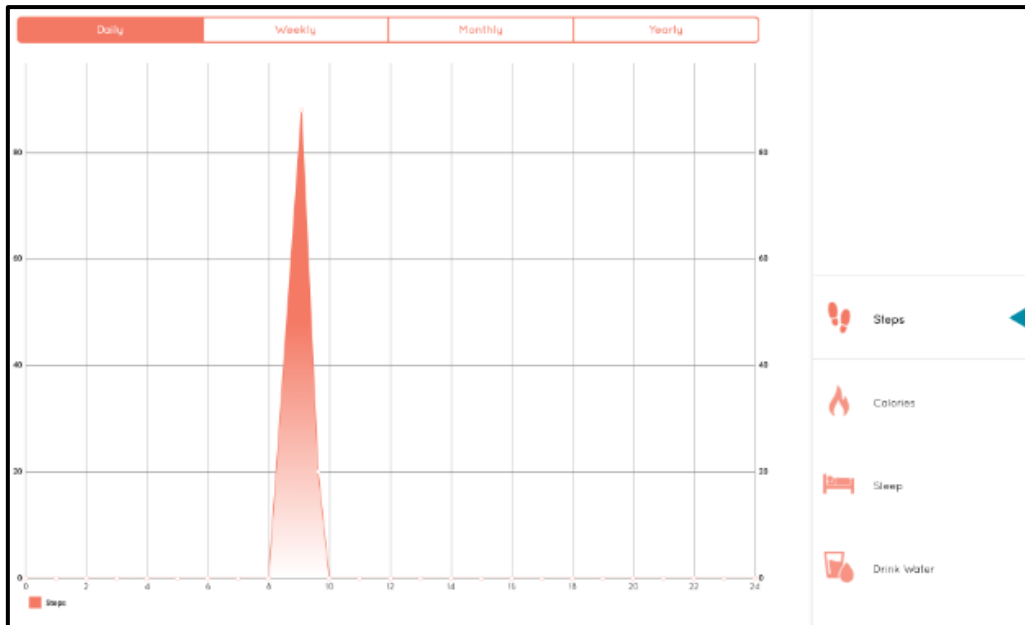


To add another goal:

1. From the Activities screen, tap the orange + icon in the bottom right of the app
2. Tap the **Sport** icon to select your sport
3. Tap the **Sport Target** to set the number of minutes you plan to do
4. Turn on the reminder (if required)
5. Tap the days you would like to achieve your goal
6. Tap **Save Goal**
7. Your new goal will now show under the last goal you set.

Progress

The progress screen gives you a guide to how much you have done, and improvements you have made. You can tap the icons at the top to switch between daily, weekly, monthly and yearly. You can also show your steps, calories, sleep and water intake by tapping the icons on the right.



Profile

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.

You can also set your step goal in this screen:

1. Tap Steps Goal
2. Edit the number of steps you would like to aim to complete per day
3. Tap Update

The screenshot displays the 'Who are You?' profile screen. At the top, the title 'Who are You?' is centered in blue. Below it, several fields are listed with their current values: Name (dawn), Gender (represented by a male icon), Birthday (empty), Height (165 cm), Weight (kg), Steps Goal (7000 Steps), and Drink Water Goal (empty). Below these fields are two buttons: a solid orange 'Edit' button and a white 'Logout' button with an orange border. At the bottom, a navigation bar contains five icons: a flag for 'Activities', a device for 'Device', a sun for 'Dashboard', a bar chart for 'Progress', and a person for 'Profile'.

Nuband Flash HR Compatibility

The Nuband Flash HR smart wristband only supports the following selected mobile devices:

The Nuband Pro app will work with the following devices:

- Apple iOS (version 8.0 upwards)
- Android (Android 5.0 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.



Nuband Flash HR 12 Month Warranty

We at Nuband pride ourselves in the quality of our products but occasionally there may be a bump in the road. We therefore guarantee our products for 12 months (1 year) against defects in materials and workmanship under normal use.

If a hardware defect occurs within the warranty period of 12 months, Nuband 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 a product is exchanged, any replacement becomes your property and replaced item becomes Nuband's property.

Parts provided by Nuband in fulfilment 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, during repair or replacement, goal data is lost Nuband cannot be held responsible.

Nuband is not responsible for product failure caused by non-compliance with product instructions.

The warranty does not cover the cost of returning the product; this must be borne by the customer.

No Nuband 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 Product Disclaimer

Nuband is a device developed to assist monitoring aspects of your health but should never replace the professional advice of your Doctor or Physician.

Nuband are not licensed medical doctors of any kind and cannot advise on the effects of exercise on medical conditions. 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 should ever need to be replaced under warranty, send an £8.00 check or money order payable to Connexions Logistics to cover costs of postage and handling. Please send it to the following address:

Dartmouth Brands Ltd
C/O Connexions Logistics
Link House, Bute Street Fenton,
Stoke On Trent Staffs, ST4 3PW,
UK
E-mail: info@nutechdesign.com

If your Nuband should ever need to be replaced under warranty, send an \$8.00 check or money order payable to VLC Distribution to cover costs of postage, and handling. Please send it to the following address:

VLC Distribution
Attn: Nuband Customer Service
16255 Port NW Dr Suite 150
Houston, TX 77041
USA
E-mail: cservice@ajle4.com

Because of possible loss, we recommend insuring your Nuband, 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 to arrive.

FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.