



Smart Watch

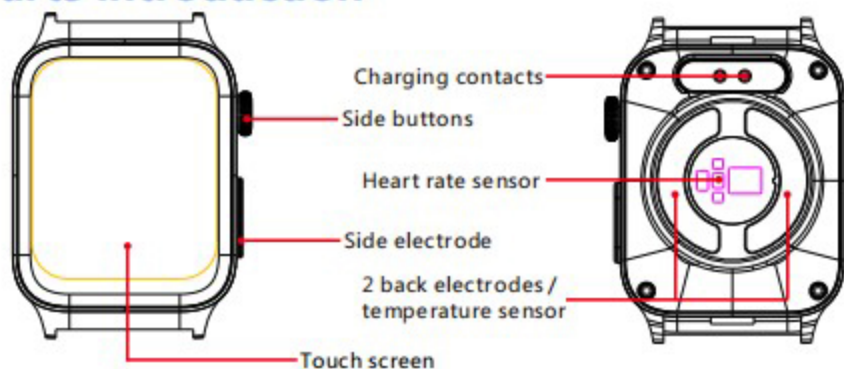
User Guide



Thanksgiving, I met you in the years like songs.
Thank you for choosing this smart watch. This watch will provide higher help and enjoyment for your exercise and health. For your convenience, please read the instructions carefully and follow the steps in the instructions.

Watch quick instructions

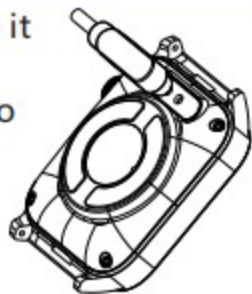
Parts introduction



Long press the upper button to turn on the watch

Charging method and activation

Before using the watch for the first time, it needs to be charged and activated. Use the equipped magnetic charging cable to attach to the metal point on the back of the watch, and connect the other end of the charging cable to a USB charging head or a computer USB interface.



Install the watch APP

Scan the QR code below or enter the major application markets to download and install "H Band" .



Equipment requirements: iOS 9.0 and above; Android 4.4 and above, supporting Bluetooth

Open the mobile client to set personal information



Switch to the "My" page, click "Device" to connect



Click on your device in the list of scanned devices



Binding completed

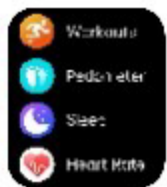
Main function page

Main interface/dial

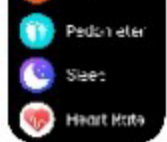
On the main interface, long press the touch screen or in the APP menu, click "theme selection" to enter



On the main interface, press the side button to enter the menu function page, and then press the side button or swipe left to return to the dial interface.



Workouts



Pedometer



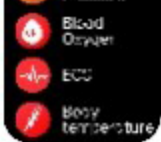
Sleep



Heart Rate



Blood Pressure



Blood Oxygen



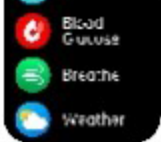
ECG



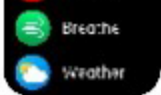
Body Temperature



PTT



Blood Glucose



Breathe



Weather



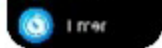
Notifications



Alarm



Stopwatch

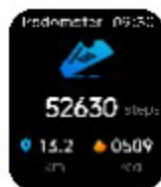


Timer



Step count/distance/calories

Check the number of steps walked, the distance walked and the consumption at any time during the day. Calories can be synchronized to the APP to view exercise data.



Body temperature

Switch to the body temperature interface, you can enter the real-time monitoring of questions, Can be synchronized to the APP, connected to the APP, with automatic detection function, dataIt can be kept for 30 days



Note: When testing the body temperature, the bottom temperature must be in full contact with the skin (test after wearing for 10 minutes). The body temperature test will be affected by the environmental temperature difference and only serves as a warning reminder. For details, please refer to the medical professional equipment and the doctor's diagnosis.

Heart rate

Switch to the heart rate interface, you can enter the real-time heart rate monitoring, the data can be synchronized to the APP, connected to the APP, there is an automatic detection function.



ECG

Press and hold the side electrode key on the ECG test interface to make the bottom two electrode pads and the side electrode key fully contact the skin for testing.



The test report needs to be viewed in the APP.

Blood sugar

Switch the watch to the blood sugar test interface to enter blood sugar monitoring, and the data can be updated to the APP synchronously.



Note: The test results are for reference only and cannot be used as medical data.

Blood pressure

First connect to the mobile phone APP to perform blood pressure calibration. After the calibration is successful, switch to the blood pressure test interface of the bracelet to enter the blood pressure test. The monitoring data can be updated to the APP simultaneously, and there is a test report



Note: The test results are for reference only and cannot be used as medical data.

Blood oxygen

Switch the watch to the blood oxygen interface to enter blood oxygen monitoring, and the data can be updated to the APP synchronously.



Breathing training

Switch to the respiration rate test interface to enter the real-time detection of respiration rate, the monitoring data can be updated to the APP simultaneously, and there is a test report.



Sport

Click the watch sports interface to enter sports mode, there are many sports to choose from. Click the motion icon to enter the corresponding motion detection. Swipe up and down to switch motions, enter the motion start calculation, press the upper button to exit the current motion monitoring.



The weather

The weather page will display the current weather and air quality information. The weather information can only be obtained after connecting to the client.

If the connection is disconnected for a long time, the weather information will not be updated.



Note: There is no weather interface before the watch is connected to the APP, it needs to be connected, There is a weather interface after the APP, and the mobile phone needs to open the positioning.

Sleep

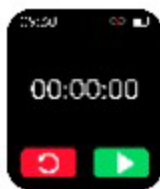
You have a deep sleep/light sleep/sleep time all night, calculate your sleep quality, sleep data can be synchronized to the APP.

Note: Sleep data will only be available when you wear the watch and fall asleep.



Stopwatch

Tap the stopwatch to enter the stopwatch function, and swipe right to exit.



Music

When connected, tap Music to control the music player on the phone.

Camera

In the connected state, click the camera to control the phone to take pictures, click or shake to take pictures, swipe right or press the upper button to exit.



Shortcut function

Swipe down on the main interface to enter the shortcut function interface, select options such as "Find Phone, Vibration, Brightness, About, Settings", and click the icon to enter the corresponding function.



Information

Click on the message to view the content of the message, slide up to turn the page, slide down to exit.



About

Click the about icon to display the machine model and the last four digits of the Bluetooth address.

Brightness

Click the brightness icon to freely select the screen brightness.



Raise your wrist

Tap the wrist lift icon to enter, you can choose to turn on or off the wrist lift.



Shut down

Click the shutdown icon to enter, you can shut down.

Other function reminders

After the APP is successfully connected, open the setting permissions and keep the Bluetooth of the phone and the watch in the connection and pairing state. When a message comes, there will be a vibration reminder

Precautions

- 1: It is forbidden to use an adapter with a charging voltage greater than 5V and a charging current greater than 2A, and the charging time is 2-3 hours
- 2: Prohibit charging in the presence of water stains.
- 3: This product is an electronic monitoring product, not as a medical reference, and the measurement data is for reference only.
- 4: Blood pressure test method requires a quiet rest for more than 5 minutes before the test. Do not eat, smoke, take medicine or drink caffeine for 2 hours before the test; take a comfortable and still sitting posture during the test, maintain a steady state of mind, do not speak, please ensure your hands The ring is at the same height as the heart (pictured on the right)

