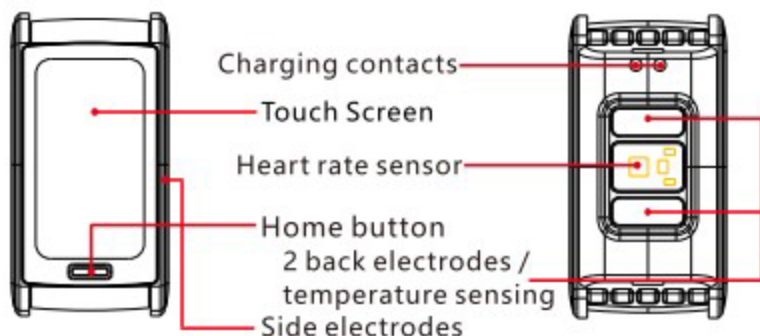ECG **+** PPG

Smart Bracelets
User Guide

Thanksgiving, I met you in the years like songs.
Thank you for choosing this Smart Bracelets. 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.

Bracelet quick instructions

Parts introduction

Charging contacts

Touch Screen

Heart rate sensor

Home button
2 back electrodes /
temperature sensing

Side electrodes

Long press the touch display and the bracelet will turn on.

Charging method and activation

Before using the bracelet 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 bracelet, and connect the other end of the charging cable to a USB charging head or a computer USB interface.
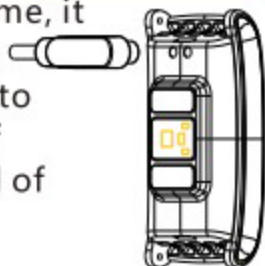
Install the watch APP

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

Equipment requirements: iOS 10. 0 and above; Android 5. 0 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

Step count/distance/calories

Check the number of steps walked, the distancewalked and the consumption at any time duringthe dayCalories 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: The test results are for reference only and cannot be used as medical data.

Blood oxygen

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

Sport

Click the bracelet 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, swipe right to exit the current motion monitoring.
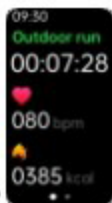
The weather

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 bracelet 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.
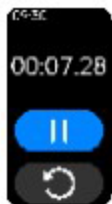
Sleep

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 bracelet and fall asleep.
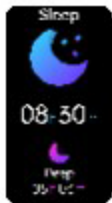
Stopwatch

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 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.
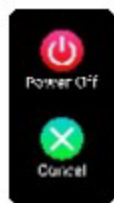
Brightness

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 bracelet in the connection and pairing state. When a message comes, there will be a vibration reminder

Basic parameters

Connection mode: Bluetooth connection
Input: 5V,500mA MAX
Device requirements: Android 5.0or iOS 10.0 and above

Caution

1. Prohibit the use of an adapter with charging voltage greater than 5V, charging current greater than 2A, and charging time of 2-3 hours.
2. Prohibit charging in the presence of water damage.
3. Do not disassemble the case of this product without permission, the product will be damaged and lose warranty eligibility.

Special note

1. This product is not a medical device, the measurement results are for reference only, not for any medical purposes and basis. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment.

2. This manual is based on existing information, in the spirit of continuous improvement, the principle of continuous development, the company reserves the right to change product specifications and functions, and any product described in this manual to modify and improve.