ECG/Blood glucose/Blood pressure Smart Watch

User Manual

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Device's structure
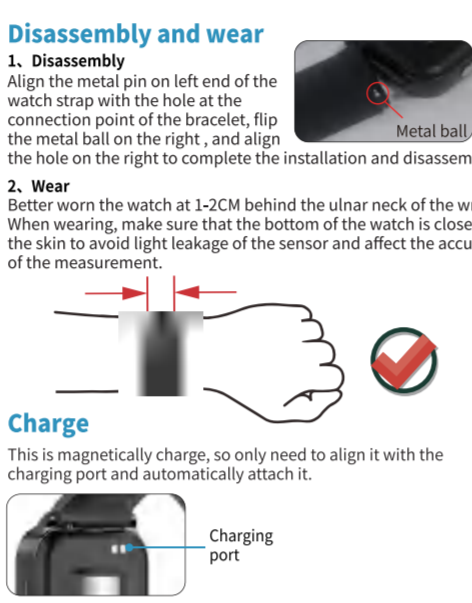
- 1.83 inch HD big screen
- Zinc alloy
- Electrode plate
- ECG 09:30
- 098 bpm
- stainless steel clasp
- Silicone strap
- Charging port
- Electrode plate
- Switch on/off
- Sensor
- PTT hole
- Electrode plate

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Disassembly and wear

1. Disassembly
Align the metal pin on left end of the watch strap with the hole at the connection point of the bracelet, flip the metal ball on the right , and align the hole on the right to complete the installation and disassembly.

Metal ball

2. Wear
Better worn the watch at 1–2CM behind the ulnar neck of the wrist. When wearing, make sure that the bottom of the watch is close to the skin to avoid light leakage of the sensor and affect the accuracy of the measurement.

Charge
This is magnetically charge, so only need to align it with the charging port and automatically attach it.

Charging port

Power on / off

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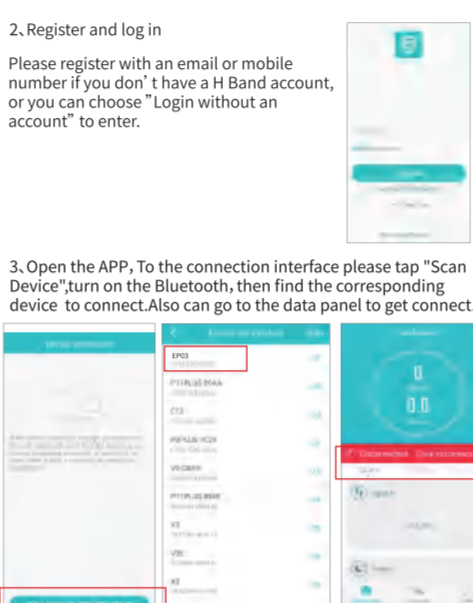**Switch on/off:** Long press the screen to power on.

off?

Install APP and Bluetooth connection

1. Turn on the device, turn on the Bluetooth of the mobile phone, scan the QR code below or search "H Band" in the App store / Google play store to download and install.

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2. Register and log in

Please register with an email or mobile number if you don' t have a H Band account, or you can choose "Login without an account" to enter.

3. Open the APP, To the connection interface please tap "Scan Device",turn on the Bluetooth, then find the corresponding device to connect.Also can go to the data panel to get connect.

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Operation guide of the device function interface

Shortcut set
Swipe down
Device interface

Swipe left and right
Swipe left and right

Swipe up

Notification

- Step
- Heart rate
- Blood pressure
- ECG
- Blood glucose
- Blood oxygen
- Body temperature
- Sleep
- Weather

Device function introduction

1. Time , date & week
For the first time, please connect to the APP to sync the correct time,date, and week.

2. Dial switch
Long press the screen to switch the dial style .
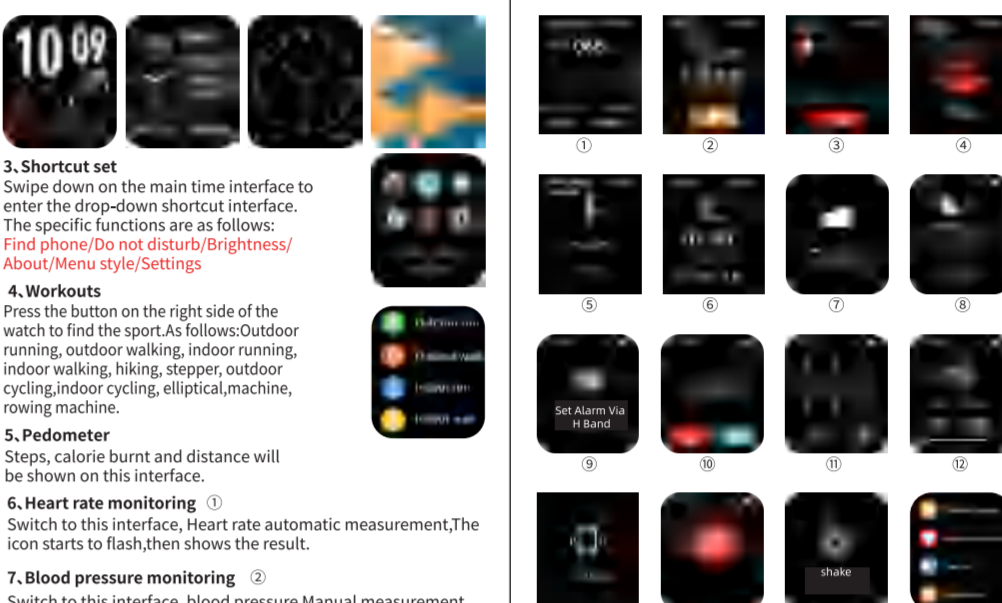Note: To customize the watch face, please go to APP Settings (Mine →EP03→Dial Settings).

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3. Shortcut set
Swipe down on the main time interface to enter the drop-down shortcut interface. The specific functions are as follows: Find phone/Do not disturb/Brightness/ About/Menu style/Settings

4. Workouts
Press the button on the right side of the watch to find the sport.As follows:Outdoor running, outdoor walking, indoor running, indoor walking, hiking, stepper, outdoor cycling,indoor cycling, elliptical,machine, rowing machine.
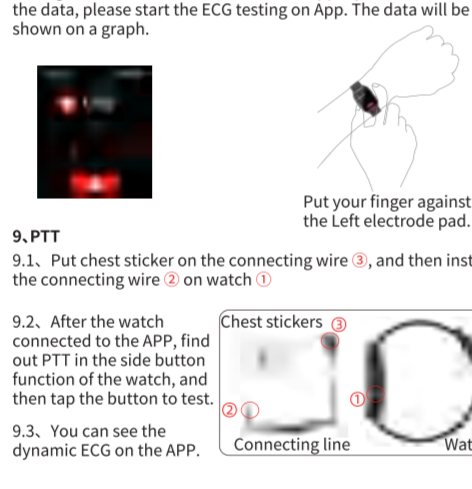
5. Pedometer
Steps, calorie burnt and distance will be shown on this interface.

6. Heart rate monitoring ①
Switch to this interface, Heart rate automatic measurement,The icon starts to flash,then shows the result.
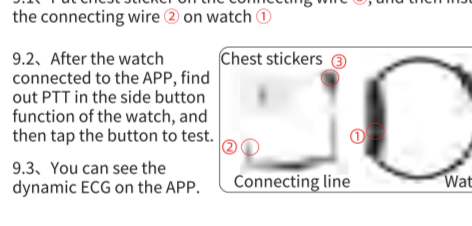
7. Blood pressure monitoring ②
Switch to this interface, blood pressure Manual measurement, The icon starts to flash,then shows the result.

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① ② ③ ④
⑤ ⑥ ⑦ ⑧
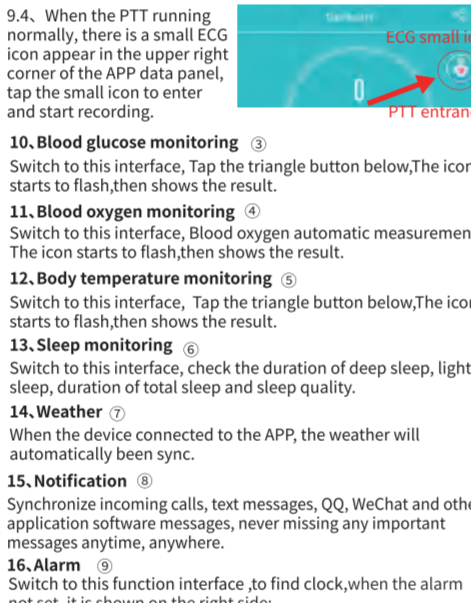Set Alarm Via H Band
⑨ ⑩ ⑪ ⑫
shake
⑬ ⑭ ⑮ ⑯

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8. ECG test
Switch to the interface of ECG.Click the button to the ECG test state, and put your finger against the left electrode pad. (Please make sure the device is worn on your wrist properly and the skin is moist til the result is out). The result by this manual testing on bracelet will not be saved on App.If you wan to save the data, please start the ECG testing on App. The data will be shown on a graph.

9. PTT
9.1. Put chest sticker on the connecting wire ①, and then install the connecting wire ② on watch ①

9.2. After the watch connected to the APP, find out PTT in the side button function of the watch, and then tap the button to test.

9.3. You can see the dynamic ECG on the APP.

Chest stickers
Connecting line
Watch

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9.4. When the PTT running normally, there is a small ECG icon appear in the upper right corner of the APP data panel, tap the small icon to enter and start recording.

ECG small icon
PTT entrance

10. Blood glucose monitoring ③
Switch to this interface, Tap the triangle button below,The icon starts to flash,then shows the result.

11. Blood oxygen monitoring ④
Switch to this interface, Blood oxygen automatic measurement, The icon starts to flash,then shows the result.

12. Body temperature monitoring ⑤
Switch to this interface, Tap the triangle button below,The icon starts to flash,then shows the result.

13. Sleep monitoring ⑥
Switch to this interface, check the duration of deep sleep, light sleep, duration of total sleep and sleep quality.

14. Weather ⑦
When the device connected to the APP, the weather will automatically been sync.

15. Notification ⑧
Synchronize incoming calls, text messages, QQ, WeChat and other application software messages, never missing any important messages anytime, anywhere.

16. Alarm ⑨
Switch to this function interface ,to find clock ,when the alarm not set, it is shown on the right side:

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APP find "My" , Tap "EP03" to find "Alarm Settings" , tap on the upper right corner "+" , after setting completed will show on the device .

17. Stopwatch
Tap to enter the stopwatch interface, Tap the button to start or pause,To recalculate, press the reset button, and press the exit button to return.

18. Timer
Find out timer in the function list,adjust the time to start timing.

19. Music
When the device connected to the APP, The music player software has been installed on the phone just tap play to realize the synchronization of the device.Tap the middle play/pause button to control the phone to play music.
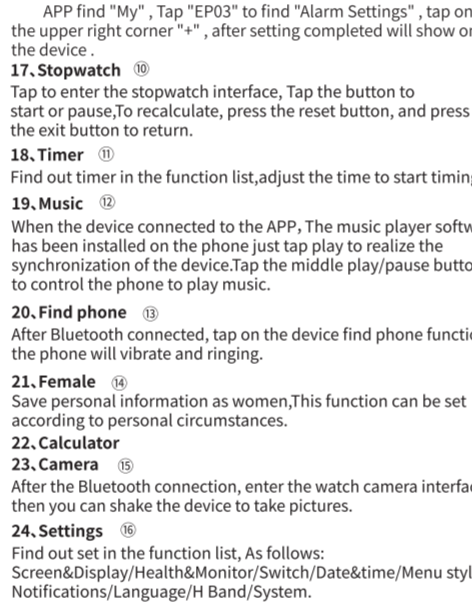
20. Find phone
After Bluetooth connected, tap on the device find phone function, the phone will vibrate and ringing.

21. Female
Save personal information as women,This function can be set according to personal circumstances.
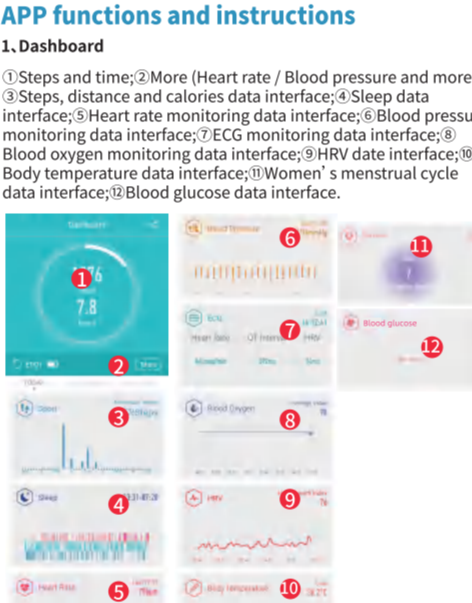
22. Calculator

23. Camera
After the Bluetooth connection, enter the watch camera interface, then you can shake the device to take pictures.

24. Settings
Find out set in the function list, As follows: Screen&Display/Health&Monitor/Switch/Date&time/Menu style Notifications/Language/H Band/System.
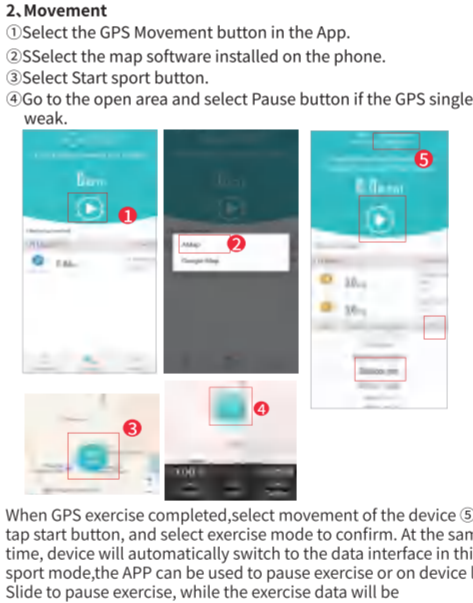
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APP functions and instructions

1. Dashboard
①Steps and time;②More (Heart rate / Blood pressure and more); ③Steps, distance and calories data interface;④Sleep data interface;③Heart rate monitoring data interface;⑥Blood pressure monitoring data interface;⑦ECG monitoring data interface;⑧ Blood oxygen monitoring data interface;⑨HRV date interface;⑩ Body temperature data interface;⑪Women' s menstrual cycle data interface;⑫Blood glucose data interface.
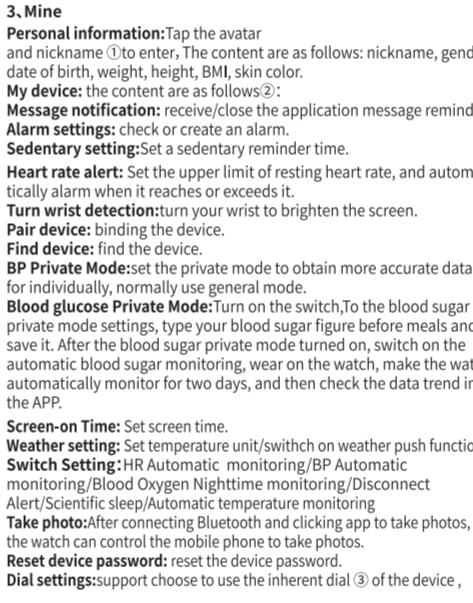
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2. Movement
①Select the GPS Movement button in the App.
②Select the map software installed on the phone.
③Select Start sport button.
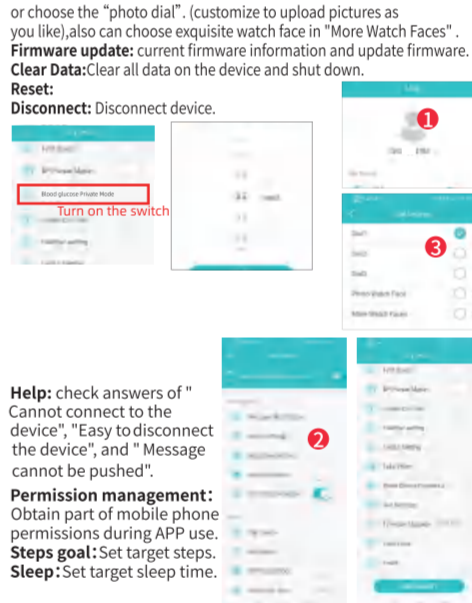④Go to the open area and select Pause button if the GPS single is weak.

When GPS exercise completed,select movement of the device ③, tap start button, and select exercise mode to confirm. At the same time, device will automatically switch to the data interface in this sport mode,the APP can be used to pause exercise or on device left Slide to pause exercise, while the exercise data will be automatically saved in the APP.

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3. Mine
Personal information: Tap the avatar and nickname ① to enter, The content are as follows: nickname, gender, date of birth, weight, height, BMI, skin color.
My device: the content are as follows②:.
Message notification: receive/close the application message reminder.
Alarm settings: check or create an alarm.
Sedentary setting: Set a sedentary reminder time.
Heart rate alert: Set the upper limit of resting heart rate, and automa- tically alarm when it reaches or exceeds it.
Turn wrist detection:turn your wrist to brighten the screen.
Pair device: binding the device.
Find device: find the device.
BP Private Mode:set the private mode to obtain more accurate data. for individually, normally use general mode.
Blood glucose Private Mode: Turn on the switch,To the blood sugar private mode settings, type your blood sugar figure before meals and save it. After the blood sugar private mode turned on, switch on the automatic blood sugar monitoring, wear on the watch, make the watch automatically monitor for two days, and then check the data trend in the APP.
Screen-on Time: Set screen time.
Weather setting: Set temperature unit/switch on weather push function.
Switch Setting: HR Automatic monitoring/BP Automatic monitoring/Blood Oxygen Nighttime monitoring/Disconnect Alert/Scientific sleep/Automatic temperature monitoring
Take photo: After connecting Bluetooth and clicking app to take photos, the watch can control the mobile phone to take photos.
Reset device password: reset the device password.
Dial settings:support choose to use the inherent dial ③ of the device ,

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or choose the "photo dial" .(customize to upload pictures as you like),also can choose exquisite watch face in "More Watch Faces". **Firmware update:** current firmware information and update firmware. **Clear Data:**Clear all data on the device and shut down.
Reset:
Disconnect: Disconnect device.

Help: check answers of " Cannot connect to the device", "Easy to disconnect the device", and " Message cannot be pushed".

Permission management: Obtain part of mobile phone permissions during APP use. **Steps goal:**Set target steps. **Sleep:**Set target sleep time.

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Parameter

Unit setting: Set imperial or metric units.
APP style: Set the APP background style.
About us:check current APP version information.
WeRun: bind WeChat sports.
Log out : Log out of the current account.

Chip: GR5515
Display:1.83-inch HD color screen
Material: Tempered glass/Zinc alloy
Weight:47g
Charge time:2hour
Support OS:IOS 8.0 or above
Android 4.4 or above

Battery:230mAh
Waterproof:IP67
Standby:15days
Bluetooth version:5.1

Note
1. Before measuring, please make sure that you have saved correct personal information on the APP, such as height, age, gender, weight, etc., and synchronize data;
2. Sit for 5-10 minutes before measurement to keep your heartbeat calm and breathing satable.
3. Please keep relaxed during measurement, panting, talking walking and exercise will affect the accuracy of the measurement results;
4. Keep a correct sitting posture, make the hands flat and keep it parallel with heart.

The data collected by this device is for reference only, not for medical purpose

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