

Medical Grade ECG Health Smart Watch



User Manual

Device's structure



- Electrode plate
- Stainless steel
- TPU strap
- Wakeup button
- Switch on/off
- 1.3 inch
- Function
- Zinc alloy case
- Charging port
- Sensor
- Electrode plate

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 bracket, flip the metal ball on the right, and align the hole on the right to complete the installation and disassembly.

2. Wear
Better wear 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.



Power on / off

Switch on:

In the off state, long press the power button on the right side of the watch.

Switch off:

Long press the power button on the right side of the device.

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 "Hi Band" in the App store / Google play store to download and install.



2. Register and log in
If you don't have a Hi Band account, please register with your email first, or you can choose "Login without an account" to enter the experience.

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.



Operation guide of the device function interface



- Swipe down: Shortcut set
- Swipe up: Device interface
- Swipe Right: Function introduction
- Swipe Left: Step/Calories/Distance, Blood oxygen, Sleep, Heart rate, Blood pressure, Weather, Temperature
- Swipe up: Message

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 -> My Device -> Dial Settings.

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

4. Sport
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, skipping, outdoor cycling, indoor cycling, elliptical machine, rowing machine.

5. Pedometer ,calories & distance
Steps, calorie burnt and distance will be shown on this interface.

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

7. Heart rate monitoring
Switch to this interface, first adopts automatic measurement mode. The icon starts to flash, then shows the result.

8. Blood pressure monitoring
Switch to this interface, the device starts single BP measurement automatically with the icon of BP flashing, then shows the result.

9. ECG
Tap the function key to find ECG, the steps are as follows: 1. Tap the triangle button in Figure 11.2. Press and hold the left electrode of the watch 2. 3. Wait for the test result.

10. Blood oxygen monitoring
Switch to this interface, the device starts single Blood oxygen measurement automatically with the icon of Blood oxygen flashing, then shows the result.

11. Temperature monitoring
Tap the function key to find Temperature, tap the button to start measurement.

12. Breathing
Tap the function key to find breathing, after selecting the time, Tap the button to start training.

13. Notifications
Tap the function key to find notifications. Push notifications of incoming calls, text messages, WeChat, QQ, etc. on the device.

14. Alarm clock
Tap the function key to find clock, when the alarm not set, it is shown on the right side.
APP find "My", Tap "GO" to find "Alarm Settings", tap on the upper right corner "+", after setting completed will show on the device.

15. Stopwatch
Tap the function key to find stopwatch, it is shown on the right side.

16. Timer
Tap the function key to find timer, it is shown on the right side.

17. Find phone
Tap the function key to find phone, after entering, it is in the process of searching. The phone will vibrate and ring to remind you.

18. Female
Tap the function key to find female. When the displayed interface shown as "Female", please select the gender in personal information to female to use.

19. Camera
Tap the function key to find camera, at the same time pick up the phone and open the APP, you can control the phone to take remote pictures.

20. Setting
Tap the function key to find set, as follows: Screen/Display/Health Monitoring/Switch Notifications/Language/Hi Band/System.

21. Weather
When the device connected to the APP, the weather will automatically be sync.

APP functions and instructions

1. Dashboard
1) Record your steps,time; 2) More/Heart rate/Blood pressure/Set. The watch can be controlled by mobile phone to measure heart rate/blood pressure in a time; 3) Record your stress, distance and calories; 4) Record your sleep time, awake times, fall asleep, wake up, deep sleep, light sleep; 5) Record your heart rate test data, also can check previous test data, there are heart rate overview (maximum/minimum), exercise volume distribution and heart rate alarm switch; 6) Record your Blood pressure test data; 7) Record your ECG data; 8) Record your Blood oxygen data; 9) Record your HRV data; 10) Record your Body temperature data.

2. Running
Select exercise under the APP, go to GPS exercise, tap start button 1), select the map software installed on the phone; 2) No exercise, and tap to start exercise; 3) When the current GPS signal is weak, please go to an open place. And display current exercise data in real time; 4) pull down to stop the current exercise, and record the data to save it in the APP.

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 follows: 2)
Message notification: receive close the application message reminder.
Alarm settings: check or create an alarm.
Secondary setting: set a secondary reminder time.
Alarm settings: Set the upper limit of resting heart rate, and automatically alarm when it reaches or exceeds it.
Turn wrist detection: turn your wrist to brighten the screen.
Pair device: finding 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.
Screen-on Time: Set screen time.
Weather setting: Set temperature unit, switch on weather push function.
Switch Setting: HRV Automatic monitoring, BP Automatic monitoring, Blood Oxygen Nighttime monitoring, Disconnect Alarm, Scientific sleep, Automatic temperature monitoring.
Take photo: after connecting Bluetooth and closing app to take photos, the watch can control the mobile phone to take photos.
Reset device password: reset the device password.
Unit settings: support choose to use the inherent dial 1) of the device, or choose the "Private dial". Transition by splashed pictures as you like, also can choose requisite 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.

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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.
Unit setting: Set imperial or metric units.
APP style: Set the APP background style.
About us: Check current APP version information.
Logout account: Log out 1) log out of the current account.
Watch band: Watch has sports.
Log out: Log out of the current account.

Parameter
Chip: S000W5S15
Display: 1.3 inch HD color screen
Material: Tempered glass/Zinc alloy/TPU
Weight: 66.0g
Charge time: 2hour

Battery: 230mAh
Waterproof: IP67
Standby: 30days
Bluetooth version: 5.1
Support OS: iOS 8.0 or above
Android 4.4 or above

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 10-15 minutes before measurement to keep your heartbeat calm and breathing stable.
3. Please keep relaxed during measurement, panting, talking walking and exercise will affect the accuracy of the measurement result.
4. Keep a correct sitting posture, make the hands flat and keep it parallel with heart.

Wear and maintenance

The products are suitable for wear all day, so when you wear and care for the smart device, please follow the following brief instructions:

- Keep the smart device dry:
 - Clean your wrist and the smart band/smart watch you are wearing regularly, especially after exercise, sweating, or skin contact with soap or detergent and other substances, the substance may get inside of the product to should be cleaned regularly.
- Keep wearing the product correctly:
 - Please do not wear the device too tightly, should be able to move back and forth on the wrist.
- Use a heart rate device to record your heart rate throughout a day, the device should be flat one finger wide among the wrist bone. In order to better check the data during active exercise, wear the device among the wrist bone about 2-3 finger-width position.
 - Prolonged friction and restraint may irritate your skin, after a long time wearing, take off the device and give skin a rest period.
- Keep smart device clean:
 - If device is damps, such as sweating or splashing, please clean and dry it, make sure the skin layer is in a suitable dry humidity, and then wear again.

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