

运动·健康·时尚·腕表

手表结构

拆装及佩戴

- 拆解**
将表带左端金属针对准手表连接穿孔, 推动至完全穿透, 并对准右穿孔即可完成安装及拆卸。
- 佩戴**
手表最佳佩戴于手腕尺骨突起后1-2CM处, 佩戴时请务必保证手表底部紧贴皮肤, 以免传感器误差, 影响测量的准确度。

充电

此款手表为磁吸式充电, 只须对准充电接口, 自动吸附即可。

开机

开机: 关机状态下, 长按开关机键开机。
关机: 开机状态下, 长按开关机键关机。

NFC门禁系统

手表自带NFC芯片, 只需打开门禁系统的管理设置, 添加新用户, 将手表靠近门禁读卡器NFC芯片, 即可完成手表绑定。

安装APP及蓝牙连接

- 打开手机, 打开手机蓝牙, 扫描下方二维码或在 App store / Google play store 搜索“H Band”APP 下载安装。

手表主界面操作指引

手表功能介绍

- 时间、日期、星期**
首次佩戴, 请与手机APP连接, 以便同步准确的时间、日期、和周期。
- 表盘切换**
长按屏幕可以切换表盘样式。
自定义表盘/图片表盘: 请前往APP设置(我的->KS01->表盘设置)。

16. 计时器

按功能键, 找到计时器, 调整时间开始计时。

17. 秒表

点击进入秒表使用界面, 点击中间按钮即可开始或暂停, 重计可按重置键, 返回可返回退出。

18. 相机

当手表连接APP后, 按功能键, 找到相机, 进入后手机处于拍照界面, 手机“扫一扫”拍照。

19. 找手机

当手表连接APP后, 按功能键, 找到找手机, 进入后处于查找中, 手机将以震动和响铃提醒。

20. 女性

保存个人信息为女性即可使用该功能, 可根据个人情况设置。

21. 设置

按功能键, 找到设置, 具体如下: 高度调节/亮屏时长/开关设置/下载H Band/表盘设置/消息设置/语言设置/关于设备/清除数据/关机。

APP界面及功能介绍

- 数据面板**
①记录您当天的步数、时间; ②更多动作心率/血压/设置功能, 可单次使用手机对手表心率/血压; ③记录您当天运动的步数、距离、卡路里; ④记录您睡眠时间, 苏醒次数, 入睡时间, 苏醒时间, 深睡时间, 浅睡时间; ⑤记录您手表测量心率数据, 可查看以往测试数据, 有心率不可穿戴(大小圈), 运动量分布, 心率异常开关; ⑥记录您手表测量血压数据; ⑦记录您血氧数据; ⑧记录您HRV数据; ⑨记录您体脂数据; ⑩记录您女性周期; ⑪血氧。
- 运动**
APP下为选择运动, 进入GPS运动, 点击开始按钮①, 选择手机已安装的运动软件即可运动, 点击开始运动②, 当前GPS信号弱时, 则移动步数APP中。

2. 运动

当完成GPS运动后, 可选择手环运动③, 点击开始, 选择运动模式确认即可, 同时手环自动切换到该运动模式下的数据界面, 可APP暂停运动或手环后左滑动暂停运动, 运动数据将自动保存APP中。

3. “我的”设置

个人信息: 点击头像及昵称①进入, 内容如下: 昵称、昵称生日、性别、体重、身高、BMI、肤色。
健康提醒: 可接收/关闭手机应用消息提醒。
闹钟设置: 可设置或者新建闹钟。
久坐提醒: 设置久坐提醒时间。
心率异常: 设置数据心率上限值, 达到或超过时自动报警。
睡眠提醒: 当手表息屏时, 转动手环提醒。
隐私设置: 绑定手表。
配对设置: 查找手表。
血压私人模式: 设置私人模式, 以获取更精准数据, 针对个人有效, 他人请勿通用模式。
类型时长: 设置手环佩戴时长提醒时间。
天气设置: 设置温度单位/开启天气推送功能。
开关设置: 心率自动监测/血压自动监测/血氧夜间监测/断连提醒/科学睡眠/体脂自动监测。

佩戴和保养

我们的产品是适合您全天候佩戴的, 因此在佩戴以及护理您的智能设备时, 请遵照以下主要指引:

- 保持智能设备干燥: 1.1. 定期清洁您的手腕和所佩戴的智能手环/智能手表, 特别是在运动、出汗、或者皮肤接触皂液或洗涤剂物质之后, 这些物质可能会沾到产品表面, 应该定期进行清洁。
- 保持正确佩戴产品: 2.1. 佩戴手表不要过紧, 应可以在手腕前侧来回移动。2.2. 如果您使用心率手表记录全天心率, 手表应平放在尺骨以上一指定位置, 为了在更活跃的运动期间更好地查看数据, 应将手表佩戴在尺骨以上大约2-3指宽的位置。
- 保持智能设备清洁: 3.1. 如果您的设备受潮, 比如出汗或测水后, 请将其清洗干净并晾干, 然后重新佩戴, 确保皮肤处于适宜温度情况下, 然后重新佩戴手表/手环。

注: 此手表数据仅供参考, 不作为医疗数据。

16. 计时器

按功能键, 找到计时器, 调整时间开始计时。

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点击进入秒表使用界面, 点击中间按钮即可开始或暂停, 重计可按重置键, 返回可返回退出。

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类型时长: 设置手环佩戴时长提醒时间。
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开关设置: 心率自动监测/血压自动监测/血氧夜间监测/断连提醒/科学睡眠/体脂自动监测。

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注: 此手表数据仅供参考, 不作为医疗数据。

Sport·Health·Fashion·Watch

Device's structure

Disassembly and wear

- 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.
- 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.

Power on / off

Switch on: In the off state, long press the power button on the right side of the device.
Switch off: Long press the power button on the right side of the device.

NFC access control system

①The smart lock must have NFC feature which could authorize the smart watch to use NFC access feature. ②Set up smart lock and Add new users in lock system. ③Have the watch get close to the smart lock to finish pairing. ④The smart lock could auto unlock when the watch get close to the paired smart lock system. ⑤Different smart lock product may have different setting method pls set up according to the user manual of smart lock.

Install APP and Bluetooth connection

- 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.

Operation guide of the device function interface

Device function introduction

- Time, date & week**
For the first time, please connect to the APP to sync the correct time, date, and week.
- Dial switch**
Long press the screen to switch the dial style.
Note: To customize the watch face, please go to APP Settings (Mine->KS01->Dial Settings).

7. Blood pressure monitoring

Switch to this interface, Manual blood pressure test, The icon starts to flash, then shows the result.

8. Blood glucose monitoring

Switch to this interface, Manual blood glucose test, The icon starts to flash, then shows the result.

9. Blood oxygen monitoring

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

10. Body temperature monitoring

Switch to this interface, Body temperature automatic measurement, The icon starts to flash, then shows the result.

11. Sleep monitoring

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

12. Weather

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

13. 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.

14. Notification

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

15. Alarm

Tap the function key to find clock, when the alarm not set, it is shown on the right side:
①APP find "My", Tap "KS01" to find "Alarm Settings", tap on the upper right corner " ", after setting completed will show on the device.

16. Stopwatch

Find the time to enter, adjust the time to start timing.

17. Timer

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

18. Female

Save personal information as women. This function can be set according to personal circumstances.

19. Camera

After Bluetooth connected, turn on the camera and shake interface, you can control the phone to take pictures by shaking it.

20. Find phone

After Bluetooth connected, tap on the device find phone function, the phone will vibrate and ringing.

21. Settings

Tap the function key to find set, As follows: Brightness/Auto-lock/Switch/H Band/Dial/Notification/Language/About/Erse Date/Power off.

APP functions and instructions

- Dashboard**
①Steps and time; ②More (Heart rate / Blood pressure / setting); ③Steps, distance and calories data interface; ④Sleep data interface; ⑤Heart rate monitoring data interface; ⑥Blood pressure monitoring data interface; ⑦Blood oxygen monitoring data interface; ⑧HRV data interface; ⑨Body temperature data interface; ⑩Women's menstrual cycle data interface; ⑪Blood glucose data interface.
- 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.

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.
Sedentary setting: Set a sedentary reminder time.
Heart rate alert: 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: 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.
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.
Permission management: Obtain main part of mobile phone permissions during APP use.
Reset device password: reset the device password.
Dial settings: support choose to use the inherent dial ① of the device, 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 main part of mobile phone permissions during APP use.
Step goal set: Set target steps.
Diagnosis: scan your mine and dial ① of the device.
Unit setting: Set imperial or metric units.
APP style: Set the APP background style.
Auto lock: check current APP version information.
WeChat: bind WeChat sports.
Log out: Log out of the current account.
Parameter:
Chip: GR5515
Display: 1.85-inch HD color screen
Waterproof: IP67
Standby: 15days
Bluetooth version: 5.1
Support OS: IOS 8.0 or above
Android 4.4 or above
Weight: 48g
Material: Tempered glass/Zinc alloy/TPU
Battery: 230mAh
Display: 1.85-inch HD color screen
Waterproof: IP67
Standby: 15days
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 5-10 minutes before measurement to keep your heart beat calm and breathing satisfiable.
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.

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: 1.1. Please do not wear the device too tightly, should be able to move back and forth on the wrist.
1.2. If 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 exercises, wear the device among the wrist bone about 2-3 finger-width position.
- Keep smart devices clean: 1.1. If device is damp, 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.
1.2. Prolonged friction and restraint may irritate your skin after a long time wearing, take off the device and give skin a rest period.

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