

如果您还没有H Band账号,请使用手机

号码或者邮箱注册,也可选择"无账号登录"进入体验。

开机:关机状态下,长按开关机键开机。



User Manual

运动·健康·时尚·腕表



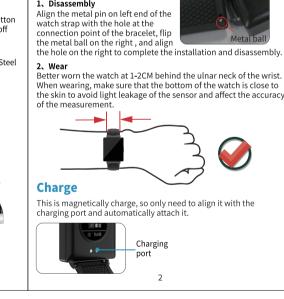


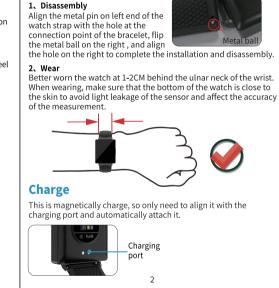
拆装及佩戴

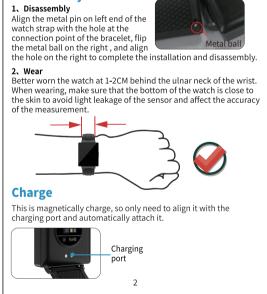
即可完成安装及拆卸。

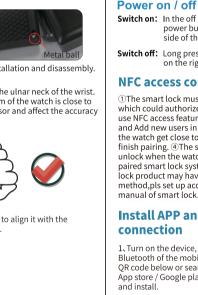
将表带左端金属针对准手表连接处孔

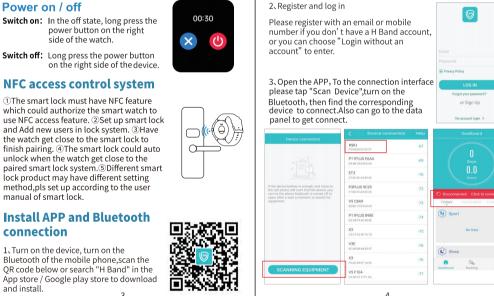
洞,拨动右侧金属球,并对准右侧孔洞

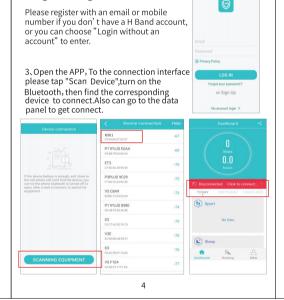


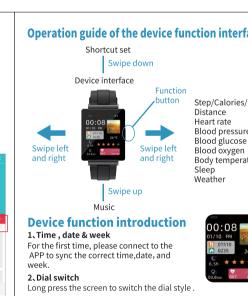












手表主界面操作指引

快捷设置

手表主界面

向下滑动

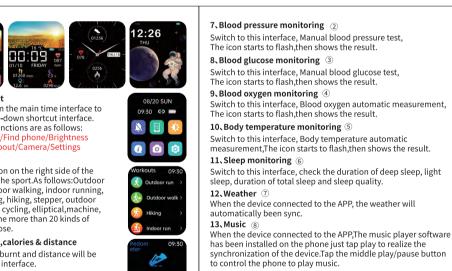












6、心率监测①

7、血压监测 🤄

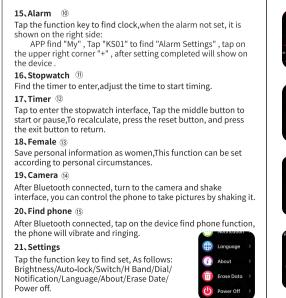
8、血糖监测 ③

切换到此界面,心率自动测量,心率图标开始闪烁,并出数据。

切换到此界面,血压手动测量,血压图标开始闪烁,并出数据。

切换到此界面,血糖手动测量,血糖图标开始闪烁,并出数据。

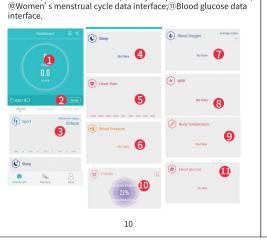


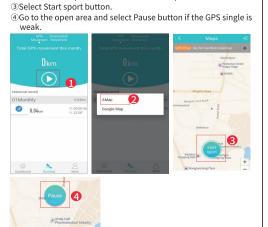




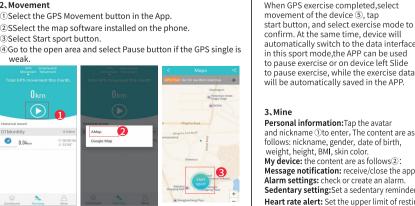


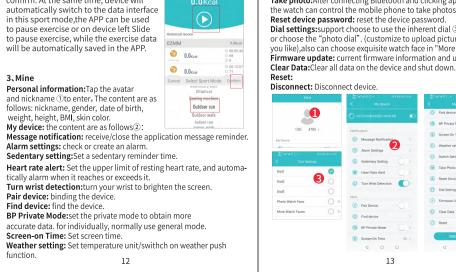






①Select the GPS Movement button in the App.

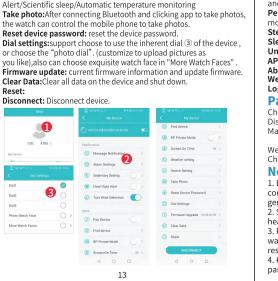


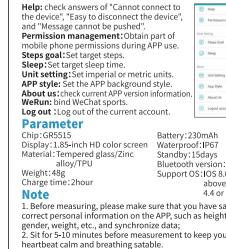




Switch Setting: HR Automatic monitoring/BP Automatic

nonitoring/Blood Oxygen Nighttime monitoring/Disconnect





Battery: 230mAh Bluetooth version: 5.1 Support OS:IOS 8.0 or above Android heartbeat calm and breathing satable.
3. Please keep relaxed during measurement, panting, talking

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

walking and exercise will affect the accuracy of the measurement 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

1. Keep the smart device dry: 1.1. Clean your wrist and the smart band/smart watch you are wearing regular, especially after exercise, sweating, or skin contact with soap or detergent and other substances, the substance may get inside of the product so should be cleaned regularly.

2.1. Please do not wear the device too tightly, should be able to move back and forth on the wrist.

2.2. 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. 2.3, Prolonged friction and restraint may irritate your skin, after

a long time wearing, take off the device and give skin a rest period. 3. Keep smart devices clean: 3.1. 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 The data collected by this device is for reference only, not for medical purpose