



Health Fashion Smart Watch



User Manual

Device's structure



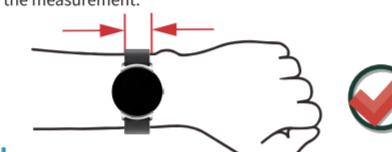
1.32 inch
Wake-up button
Switch on/off
Function
Stainless Steel
Buckle
TPU strap
Zinc alloy case
Charging port
Sensor
Electrode plate

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

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.



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.

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

Install APP and Bluetooth connection

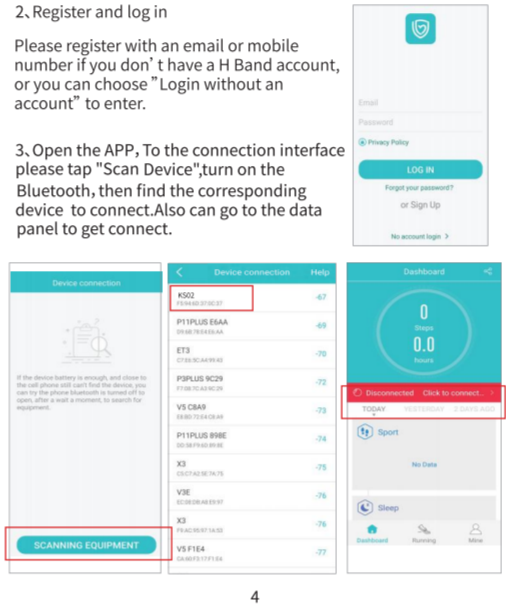
- Turn on the device, turn on the Bluetooth of the mobile phone, scan the QR code below or search "H Band" in the App store / Google play store to download and install.




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.



Operation guide of the device function interface



Swipe down
Device interface
Function button
Swipe left and right
Swipe up
Notification

Step/Calories/Distance
Heart rate
Blood pressure
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 →KS02→Dial Settings).

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 (Brightness adjustment) Do not disturb/Brightness adjustment

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 more than 20 kinds of sports for choose.

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

6. Heart rate monitoring
Switch to this interface, Heart rate automatic measurement, The icon starts to flash, then shows the result.

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

8. Blood glucose monitoring
Switch to this interface, Blood glucose automatic measurement, 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 clock
Tap the function key to find clock, when the alarm not set, it is shown on the right side.
APP find "My", Tap "KS02" to find "Alarm Settings", tap on the upper right corner "+", after setting completed will show on the device.

16. Stopwatch
Find the timer 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.

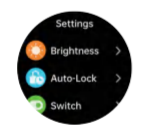
18. Calculator
Tap the function key to find calculator.

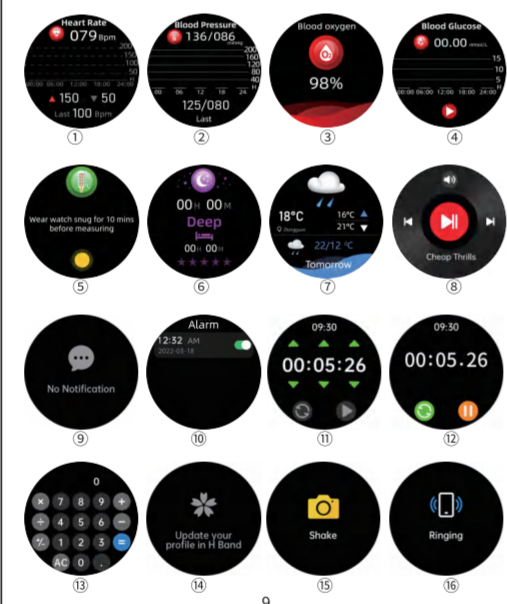
19. Female
Save personal information as women. This function can be set according to personal circumstances.

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

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

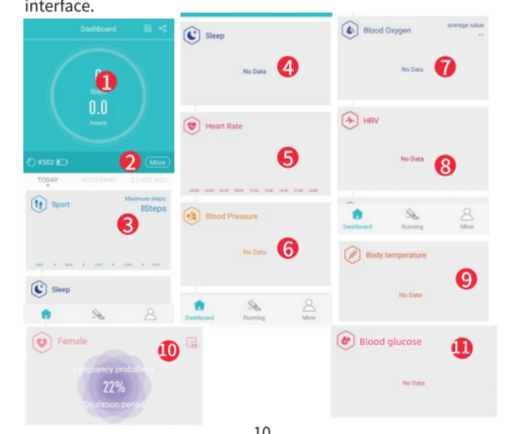
22. Settings
Tap the function key to find set, As follows:
Brightness/Auto-lock/Switch/Date&time/Menu Style/H Band/Dial/Notification/ Language/About/Erase Date/Power off.





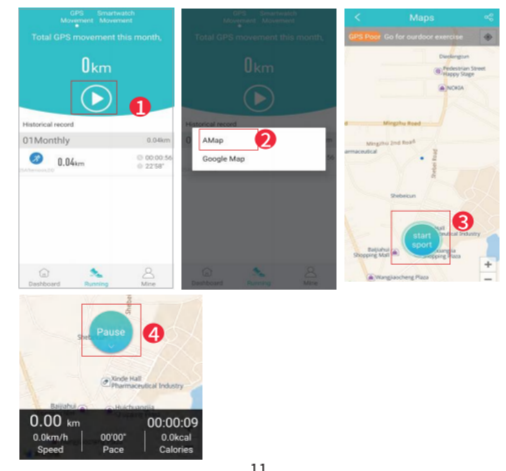
APP functions and instructions

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



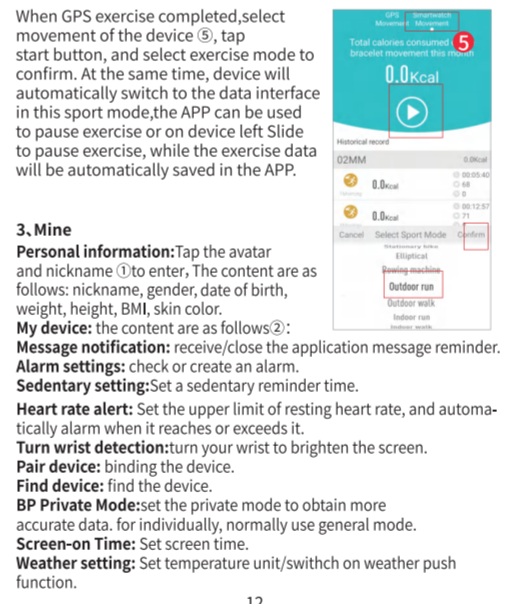
2. Movement

- Select the GPS Movement button in the App.
- Select the map software installed on the phone.
- Select Start sport button.
- Go to the open area and select Pause button if the GPS single is weak.



When GPS exercise completed, select movement of the device. ① 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.

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: ① Message notification: receive/close the application message reminder.
Alarm settings: check or create an alarm.
Sedentary settings: 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.

Take photo: After connecting Bluetooth and clicking app to take photos, the watch can control the mobile phone to take photos.

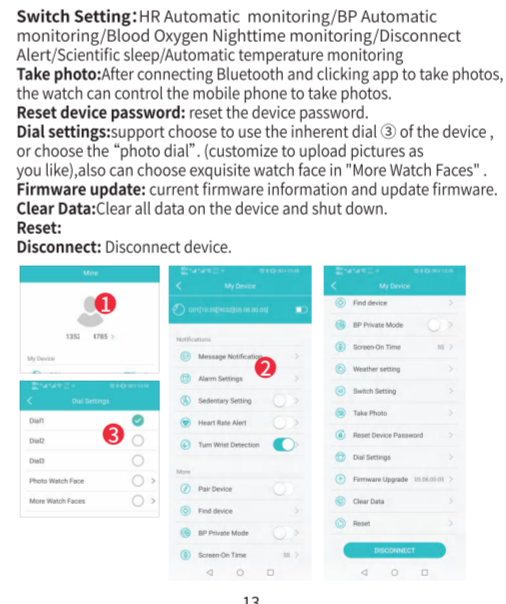
Reset device password: reset the device password.

Dial settings: support choose to use the inherent dial (3) of the device, 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: Log out of the current account.
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.

Unit setting: Set imperial or metric units.

APP style: Set the APP background style.

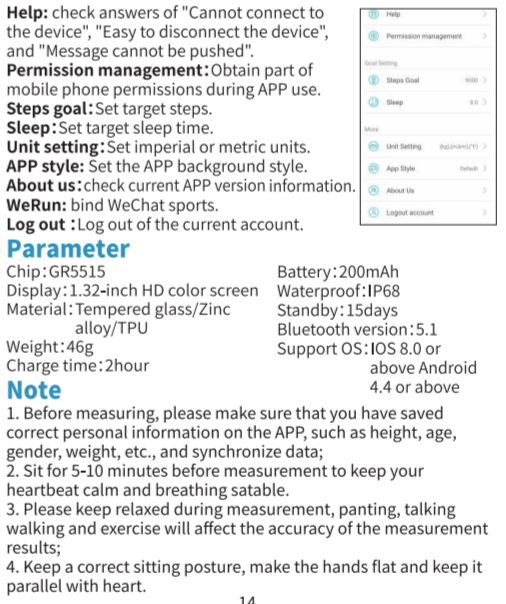
About us: Check current APP version information.

WeFun: bind WeChat sports.

Log out: Log out of the current account.

Parameter
Chip: GR5515
Battery: 200mah
Waterproof: IP68
Display: 1.32-inch HD color screen
Material: Tempered glass/Zinc alloy/TPU
Weight: 46g
Charge time: 2hour

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 stable.
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.
 - 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 so 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.
 - 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.
 - 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 devices clean.
 - 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.

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