
CARNEO

User Manual Gear+ Sport



I . Device Overview:



II. Packing Listing

1. Watch ×1 2. Gift box ×1 3. User Manual ×1 4. Charging Cable ×1

III. Getting Started

App Installation



Simply scan the QR code as shown below for iOS and Android User, or search on the App store/Google Play for the App named "H band".

Bluetooth Connection

Step 1. 1. Turn on the Bluetooth of your smart phone.

Step 2. Open "H Band" app, entering the "Setting", then tap on the "Device" to enter into "Device Connection".

Step 3. Choose the device name "T1" when device found, to connect your device with app.

Notice: For Android users, you may need to enter default password "0000" to complete the Bluetooth connection.

IV. Charging Method

①Innovation design with Magnetic attraction behind the watch, simply place the Magnetic attraction wire near the bottom of the watch and insert the USB into laptop or charger USB port, play and plug.



Charging Method

②Please pay attention to the direction of the Magnetic attraction wire, place the pogopin of the wire near to the back of the watch, the watch will automatically attracts the pogopin, DO NOT push the pogopin connector to the watch with anti-Magnetic attraction direction, the screen will show the dynamic charging icon when charging starts.

V. Function Introduction

1. Time & Date
2. Movement Monitor (steps, distance, calories)
1. Heart Rate Monitor (Alarm function works if unusual Heart rate)
3. Sleep Monitor
4. Sport Blood Pressure Monitor
6. Alarm Function
7. Notification of Incoming Calls and Message
8. Message Push (optional)
9. Sedentary Reminding
10. Female physiological cycle reminder
11. Support UI changing freely

VI. Touch Button & Display Screen Introduction

1. Power-on: Long time press the touch button for 3 seconds, or Long time press the side button to power on and enter the main menu. After powered on, simply short press to switch to different function menu.
2. Pedometer: Counts total steps of your sport
3. Distance: Total miles calculates
4. Calories: Recording the calories burned throughout the day
5. Blood pressure: Blood pressure test will begin within 1 second after entered blood pressure mode, testing required time is about 50 seconds and result will be shown on display screen after tested.
6. Heart rate: the watch will sense and calculate your heart rate timely, and display result in 10 seconds normally. Please keep the watch sensor cling to your wrist when monitoring.

7. Sleep: Sleep time and quality evaluate
8. Power-off : Switch to power-off interface, long press touch area for 3S, or press the side button for 5 seconds.
- 9 Other reminder display:
 - a Incoming calls reminding
 - b. Message push
 - c. Alarm alert
 - d. Sedentary reminding
 - e. Heart rate abnormal reminding.
 - f. disconnected reminding.

VII. Important Notice

1. Please charge your device before the first time use, as they may not be fully charged upon arrival. We suggest our customers to use 500mA current to charge this watch. And the best Charging time is about 90 minutes.
2. The contact point at the bottom of the watch may remaining some water drop during daily wearing, please kindly wipe it up before charging. When attach the pogopin of the charge wire to the watch, please pay attention to the pogopin direction.
3. Please make sure heart rate sensor protector **on the lens of heart rate sensor** is removed before use.
4. Touch area is the surface of the glass near 6 clock direction.
 5. When using the watch to measure your data (e.g. heart rate), please note that the required time and measuring data may differ depending on different cases, such as objective environment and skin color, etc.
 6. The app may quit occasionally or Bluetooth connection may intermittently **flash** out. If it occurs, please try to restart your watch or re-install the app.
 7. When Bluetooth disconnected, the watch will automatically search for Bluetooth within 20 minutes.
 8. Please keep wearing the watch for 24-48 hours, it will detect and display more accurate data for you. Be patient and give the watch a few hours to feel and understand you. The longer time you wear it, the more accurate that data recorded.
 9. Blood pressure test data cannot be used as medical data, this function is reference only for blood pressure observation before and after sport movement. Meanwhile, it does not apply to diagnose hypertension crowds. There are general mode and private mode in the App blood pressure testing, the private mode is used for calibration blood pressure value, which makes the test result more accurate. Please pay attention to that it is not for medical purposes.
 10. Water Resistant: You may wear and use the watch during exercise. Sweat , rain and washing hands will be ok. But before take a hot bath, go scuba diving or any other activities that you're trying to submerge into water, please take off the watch.

11. The more function you enabled in the app, and the more messages pushed to the watch, the shorter standby time of the watch.

12. It is normal for the product to continuously optimize and upgrade new features through firmware upgrades and APP upgrades.

13. When there is a firmware upgrade, please make sure that the wristband has enough power. During the upgrade process, keep the device and the mobile phone close enough. Please do not operate the wristband or mobile phone during the upgrade process.

14. The battery of the watch can last about 10 days for normal operation.

VIII. FAQ

Q1: I can't find the watch when I try to pair it with my phone. How to fix this?

A: (1) Please make sure the Bluetooth on your phone has been switched on, keep the distance between your watch and your phone within 0.5 meter. After Bluetooth pairing succeeded, the Bluetooth communication distance will cover 10 meters around.

(2) Please check if the battery of the watch is going low.

(3) Please restart the Bluetooth connection

Q2: The Bluetooth connection between the watch and my phone is disconnected occasionally. Why and how to fix this?

A: The Bluetooth of some phones might not be working correctly sometimes when you switch it on. If this occurs, please try to restart the Bluetooth or restart your phone to solve this problem.

VIII. Basic parameters

CPU:	Nordic nRF52832
sensor:	KXTJ3-1057 / PD70-01C-TR7
Weight:	42g
Data transmission:	Bluetooth 4.0
Battery type:	Polymer lithium battery
Battery capacity:	240mAh
Standby time:	10 days
Screen Size:	1.3 inch
Charging voltage:	5V
Working temperature:	-10 ~ 45°C
Waterproof :	Yes(IP67)

Device Requirement

Compatible with Android 4.4 / iOS 8.0 / iPhone 4s and above, Bluetooth 4.0 enabled devices