Instruction Manual

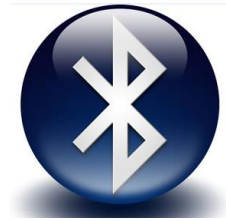**Equipment requirements：**

IOS8.0 or above　　　Android4.4 or higher　　　Bluetooth 4.0
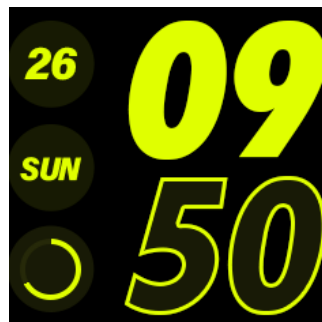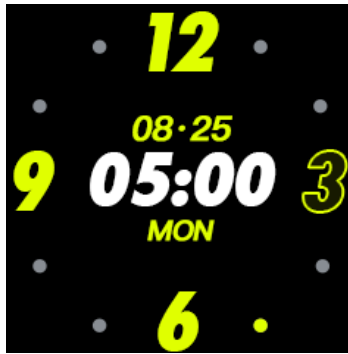
APP - QR code：

Function introduction：

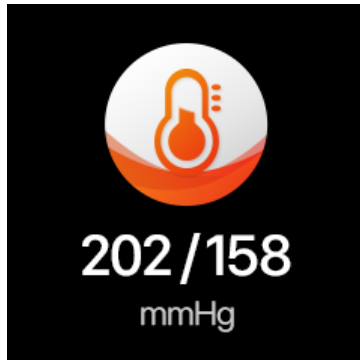1. 1 **Time interface**

Icon 1-1

1. 2 Sports information

Icon 1-2

1. 3 Heart rate measurement

Icon 1-3

1. 4 Blood pressure measurement

Icon 1-4

1. 5 Sleep test
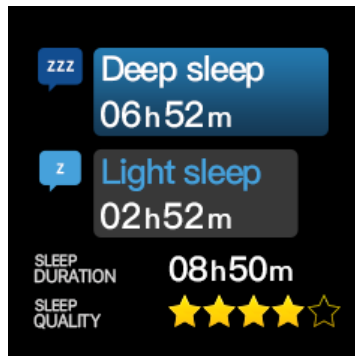
Icon 1-5

1. 6 work out

Icon 1-6

2，Main function description

Pedometer	Sport Management	Remote camera	Sleep Monitoring	Message push	Call reminder
Heart Rate	Blood Pressure	Calories	Sedentary reminder	Data synchronization	Intelli Alarm

Chip: NRF52832　　　　　　**Bluetooth: 4.0**

Screen size: 1.22 inches　　　**Screen pixels: 240*240**

Compatible system: Android4.4 or above, iso8.0 or above

Standby time: 10 days for regular standby, 3-4 days for use

3、Handle brief operation

3.1 Touch function

Touch area

According to the position of the icon, the reminder function, wake up the touch area of the screen to switch between different function interfaces.

Select and replace different main pages in the APP dial

(1) Power on: When the mobile phone is in the off state, press and hold the touch button for 3 seconds to turn it on (if there is a side button, press the side button for 3 seconds to turn it on), display the boot animation and vibrate, then display the main page of the watch.

 (2) Key operation: Single touch key switches the screen interface. If the current interface has a sub-interface, press and hold the touch key for 3 seconds to enter the corresponding sub-interface.

(3) Bright screen: When the watch is in the state of interest screen, it can be illuminated by single touch key. If the wrist switch is turned on in the APP, the user can also achieve the bright screen after turning the wrist, after the screen is bright. The watch displays the main interface.

(4) Shutdown: Switch the watch to the shutdown interface, Press and hold the touch button for 3 seconds to display the shutdown animation and vibrate, then turn it off (if there is a side button, press the side button for any interface) Seconds can also be turned off).

4.1 Bluetooth connection / disconnect

Bluetooth connection: Search for "H Band" in the application market (Android) or APP store (Apple), download and install Open the

Bluetooth switch of the mobile phone Open the "H Band" application "Connect the device". By operating the above steps, you can connect your watch to your mobile app and set up your watch in the app.

Disconnect:

Method 1: Open "H band"-->My device-->Disconnect (if the iOS system needs to ignore the device in the Bluetooth settings of the phone to disconnect)

Method 2: Turn off the phone Bluetooth directly

4.2 low power, charging

Low battery: a. Low battery reminder: When the watch is in low power state, the single touch button will be displayed in the interest screen state, and the low power icon will appear, as shown in Figure 1-1. After one second, the main interface is displayed. The battery icon will flash. After 3 seconds, there is no operation. b. Low power shutdown: The watch will automatically shut down after the battery is exhausted. Pressing and holding for 3 seconds will display the low battery icon, but it will not turn on.

Charging: Charging the watch will automatically turn on when the phone is turned off, the main page will be displayed, and the battery icon will flash on the main page. However, during the charging process, the user can only display the main interface through a single point, and other operations cannot be performed. In addition, during

the charging process, when the watch is shaking, the charging ongoing animation will be displayed, such as 1-2, and the 8S rear screen will be displayed

(1-1)	(1-2)

5.1 device password reset

Users can set a password according to their needs. When setting a password, the phone needs to enter a password when connecting to the watch. The initial password is 0000 and the user can reset it as follows.

Method 1: Open "H-Band" --> Connect Device --> My Device --> Reset Password --> Enter New and Old Password --> Reset Password

When you forget your password, press and hold the watch on the watch's sleep interface for 6 seconds to clear the password. Users can connect to the watch without a password. When you choose to reset, the old password is: 0000.

6.1 Firmware Update

When the watch device program has a new version update, connect the APP and the firmware update will be prompted.

7.1 Restore factory settings

The user can clear the watch data and restore the factory settings of the watch by opening "H Band"-->Connect Device-->My Device-->Clear Data. After the operation, the watch will clear all data and set all function switches. Is the default.

8.1 Sport mode

(1) Function introduction:

a. In sports mode, the watch can record the time, heart rate, calories, and number of steps in the exercise. You can choose to pause and continue in the middle.

b. Automatic exit: During the movement, the watch automatically determines whether the user is currently in motion. If the watch determines that the current exit condition is met, the watch will automatically exit the sport mode.

c. Data storage: the watch only saves the last 3 sports data

(2) Operating instructions:

Data display: In the main interface state, the single touch key switches to the motion interface, as shown in Figure 8-1-1. Press and hold 3S on the motion interface to enter the motion data display interface, as shown in Figure 8-1-2. Shows exercise time, heart rate, calories, and steps. (In this interface, 5S no operationwill turn off the screen, if you need to light, you can touch the button or turn the wrist).

Pause to continue: In the motion data display interface, the single touch key switches to the pause interface, as shown in Figure 8-1-3. At this time, press and hold the 3S motion mode to pause, the watch vibrates 1S, and the display continues, as shown in Figure 8-1-4. Press and hold 3S to resume the movement. In this interface, 8S has no operation and then automatically screens. When it is lit again, the data display interface will be displayed.

Exit: Press the touch key twice in the data display interface to enter the exit interface, as shown in Figure 8-1-5. At this time, press and hold the touch key 3S to exit the sport mode. In this interface, the 8S has no operation after the automatic screen, and the light will display the data display interface again.


| （8-1-1） | （8-1-2） | (8-1-3) |

| (8-1-4) | (8-1-5) |

1.2 Steps, calories, kilometers

(1) Function introduction: The watch will display the user's total

number of steps, calories, kilometers in the day, the completion of the moving target, and the daily 0 point data is cleared.

(2) Operation description: Single point switch to the counter step interface in the main interface, as shown in Figure 8-1-6, after no operation for 5S, the screen will be automatically turned off。
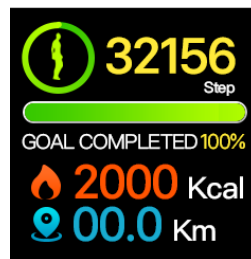
（8-1-6）

1.3 blood pressure

(1) Function introduction:

a. Blood pressure measurement: The watch will measure the user's blood pressure under this interface. The blood pressure data was measured by 25S, and the screen was automatically turned off after 75S.

b. Automatic blood pressure monitoring: This function switch can be set in the APP. When the function is turned on, the watch will automatically monitor the time (10 minutes) and record the blood pressure data. If the phone is bound, the data will be uploaded to the APP.

c. Blood pressure private mode: This function switch can be set in the APP. When the function is turned on, this mode can be

measured and calibrated by the daily blood pressure value input by the user, so as to obtain a more accurate blood pressure value during blood pressure measurement.

(2) Operating instructions:

a. Blood pressure measurement: switch to the blood pressure interface under the main interface. Once you enter the blood pressure interface, the blood pressure measurement begins. During the measurement process (continued for 25S), the interface displays as shown in Figure 8-1-9. If the blood pressure data cannot be measured after 25S, The interface is shown in Figure 8-1-10. If blood pressure data is measured, it is shown in Figure 8-1-11.

b. On and off automatic monitoring: Operation steps: "Open Hband"-->Settings-->My Device-->Switch Settings-->Automatic blood pressure monitoring.

c. Open and close private mode: Operation steps: "Open Hband" --> Settings --> My Device --> Blood Pressure Private Mode. When the private mode is turned on, there will be a "P" mark in the blood pressure measurement interface, as shown in Figure 7-1-12.

1.4 Heart rate

(1) Function introduction:

a. Heart rate measurement: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the result will be displayed. If there is no operation for a period of time, the screen will be automatically turned off.

b. Automatic heart rate monitoring: This function switch can be set in the APP. When the function is turned on, the watch will automatically monitor (10 minutes) and record the heart rate data. If the phone is bound, the data will be uploaded to the APP.

c. Heart rate alarm: When the heart rate automatic monitoring is on, you can set the function switch on the APP and set the heart rate upper limit. When the user's heart rate reaches the upper limit, the watch will vibrate and display the heart rate alarm interface. Figure 8-1-13

(2) Operating instructions:

a. Heart rate measurement: switch to the heart rate measurement interface in the main interface, as shown in Figure 8-1-14. Once the interface is entered, the measurement will start. During the measurement, the interface value will be zero. After the

measurement is completed, the value will be displayed. If the measurement cannot be detected, The result will always show a value of zero until standby.

b. On/Off automatic monitoring: Operation steps: "Open Hband"-->Settings-->My device-->Switch setting-->Heart rate automatic monitoring

c. Heart rate alarm: Operation steps: "Open Hband" --> Settings --> My Device --> Heart Rate Alarm Switch --> Click Heart Rate Alarm Options --> Set Heart Rate Limit --> Save.
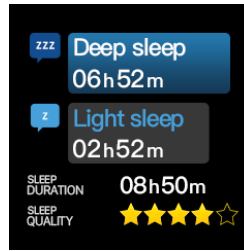

(8-1-13)
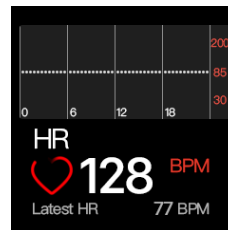
(8-1-14)

1.5 Sleep

(1) Function introduction: The watch will display the user's sleep time the night before, the length of deep sleep, the length of light sleep, and the quality of sleep.

(2) Operation description: Single point switch to sleep interface under the main interface, as shown in Figure 8-1-15, automatically stop screen standby after 5S continuous operation.

(8-1-15)

1.6 Find a phone

(1) Function introduction: This function can set the switch in the APP. When the status is "On", it will enter the search mobile phone interface. If the mobile phone and the watch are connected, the watch can find the mobile phone, and the mobile phone will vibrate and ring.

(2) Operating instructions:

On/Off: Turn on H Band --> Settings --> My Device --> Switch Settings to turn "Find Phone" function on or off. Find the mobile phone: In the main interface, switch to find the mobile phone interface, as shown in Figure 8-1-16, long press 3S to start looking for the mobile phone, display the mobile phone animation, as shown in Figure 8-1-17, the phone will vibrate.

Exit search: When looking for a mobile phone, a single touch of the button will exit the search, and the phone will automatically exit the function after one minute.

(8-1-16)   （8-1-17）

1.7 Stopwatch

1) Function introduction: This function can set the switch in the APP. When the open status is "On", the stopwatch function can be used on the watch.

(2) Operating instructions:

On/Off: Turn on H Band --> Settings --> My Device --> Switch Settings to turn the "Stopwatch" function on or off.

Stopwatch use: switch interface on the main page to reach the first level interface of the stopwatch, as shown in Figure8-1-18. Press and hold 3S to enter the secondary interface of the stopwatch, as shown in Figure8-1-19. Then start the timing with the single touch key. During the timing, you can use the single touch button to pause/start switching. After the stopwatch is turned on for one minute, the screen will automatically turn off. Press 3S on the stopwatch interface to exit the stopwatch function and return to the secondary interface of the stopwatch.

(8-1-18)
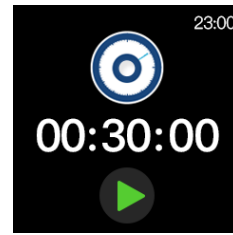
(8-1-19)

1.8 Countdown

(1) Function introduction: The countdown function allows the user to set a fixed time to count down. When the time is up, the watch will appear animated and vibrate.

(2) Operating instructions: This function has two forms of use.

a. Single countdown operation steps: Open "H Band" --> Settings --> My Device --> Countdown --> Start Countdown --> Set Single Time --> OK. At this time, the watch's bright screen starts to enter the countdown, as shown in Figure 8-1-20. After 3S, the screen is off. During the timekeeping, the countdown UI is in the rotating state (press 3S on this interface to exit the countdown function), and the countdown ends the watch vibration reminder and accompany Remind the animation for 3S.

b. Resident countdown operation steps: Open "H Band" --> Settings --> My Device --> Countdown --> Open Interface Display Switch --> Set Common Duration --> OK. The countdown interface can be found on the watch switch interface. As shown in Figure 7-1-20, press and hold for 3 seconds to enter the countdown

secondary interface, as shown in Figure 8-1-21. The single-ended countdown starts, the screen is off after 3S, and the countdown interface is displayed during the timer. The countdown UI is rotating. Status, long press 3S on this interface to exit the countdown function, countdown to end the watch vibration reminder and accompany the reminder animation, lasting 3S.
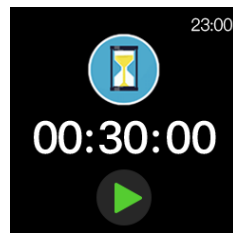
(8-1-20)



（8-1-21）

2. Reminder function

2.1 Alarm reminder

(1) Function introduction: Users can set an alarm clock in the app. You can set a single alarm or repeat the alarm. In addition, the alarm can also set the label icon. There are 20 sets of label icons for the user to select. A single alarm can be deleted. Repeat the alarm to set the switch or delete it.

(2) Operation instructions: Setting steps: Open "H Band"-->Settings-->My Device-->Alarm Settings-->Click on the upper right corner of '+'-->Set the time and reminder date (if the setting is repeated The alarm will select the repeat time) --> select

the label --> click on the top right corner "V". When the alarm is set, the watch will vibrate and the alarm label will appear when the set time is reached. As shown in Figure 8-2-1, after 10 vibrations, the screen is off. (If the time between the single alarm and multiple alarm settings conflicts, the device will give priority to a single alarm).
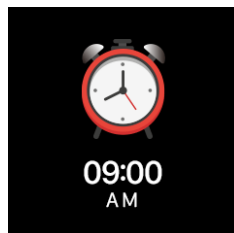


(8-2-1)

2.2Call answering, mute, reject

(1) Function introduction: This function can set the switch in the APP. When set to "On", the mobile phone encounters the incoming call watch vibration (the IOS system needs to pair the mobile phone Bluetooth to have a reminder), and displays the call sign and the caller number (if the mobile phone address book records the number, the caller name is displayed). As shown in Figure 8-2-2, until the user answers or hangs up. The watch can be muted or rejected by the operation of the watch. After the operation is successful, the watch goes off and standby.

(2) Operating instructions:

   Incoming call reminder setting: Operation steps: "Open H Band"-->Settings-->Information Reminder-->Set caller switch.

Mute: When the phone calls, the watch vibrates. At this time, the single-touch button can make the call mute, the watch stops vibrating, and the interface prompt is muted.

Reject: When the phone calls, the watch vibrates. Press and hold the touch button 3S to reject the call. The screen displays the 1 second screen after the rejection.
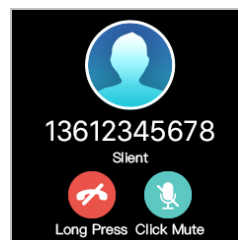
(8-2-2)

**2.3 SMS/Mobile Application Message Reminder**

(1) Function introduction: This function can set the switch in the APP. When set to "On", when the mobile phone receives SMS or mobile application (WeChat, QQ, etc.) message push, the watch can display the push content (IOS needs to be paired , Android permissions need to be turned on, the device will be pushed when it can be prompted to push normally). As shown in Figure 8-2-3.

(2) Operating instructions:

Switch setting: Operation steps: "Open H Band"-->Settings-->Information Reminder--> Set the message type switch to be pushed.

Browsing information: Take WeChat as an example. When the mobile phone receives the WeChat push, the watch will vibrate

and display the push content. The single touch button can turn the page (automatically turn off the screen after no operation 3S), and the single point screen after the content is displayed.
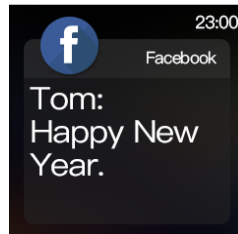

(8-2-3)

2.4 Sedentary reminder

(1) Function introduction: This function can set the switch of APP type. When the status is "On", the user can set the sedentary judgment duration. At this time, the watch starts to continuously monitor whether the user is in the sitting position. If the user is in the state for more than the set time The watch vibrates and displays a sedentary reminder animation. As shown in Figure 8-2-4.

 (2) Operation instructions: Operation steps: Open "H Band"-->Settings--> My device-->Self-time reminder switch on->Click to enter the setting page (set start time and sedentary judgment time)- > Save. If the user is in this state for more than the set time, the watch will vibrate to remind.
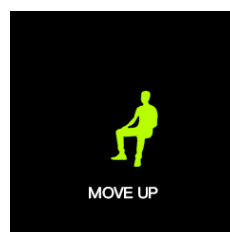
(8-2-4)

2.5 Bluetooth disconnect reminder

 (1) Function introduction: This function can set the switch in the APP. When this function is turned on, when the mobile phone is disconnected from the watch, the watch displays the disconnected reminder UI, vibrates 1S, and automatically turns off the screen after displaying 3S. As shown in Figure 8-2-5.
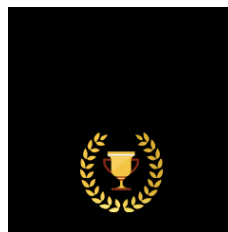

(8-2-5)

2.6 Reaching the goal of the goal

 (1) Function introduction: In the APP, the user can set his own daily sports step target. When the user reaches the target on the current day, the watch will vibrate and display the moving target to achieve the UI, as shown in Figure 8-2-6.

(2) Operating instructions: Open "H Band"-->Settings->Moving Targets-->Set Steps-->Save.

(8-2-6)

3. Other functions

3.1 Wearing test

(1) Function introduction: This function can set the switch in the APP. After the function is turned on, the watch will first perform the wear detection before the heart rate (blood pressure) measurement to determine whether the user is wearing the watch correctly. If it is worn correctly, the heart rate (blood pressure) is started.) Measurement, if the wearing does not pass, the sensor light will flash for a while and then automatically go out, and the screen will be off.

  (2) Operating instructions: Operation steps: "Open H Band" --> Settings --> My Device --> Switch Settings --> Wear Detection On / Off.

3.2 Binding device

(1) Function introduction: This function can set the switch in the APP. After the function is turned on, when the watch synchronizes the data to the APP, if the user logs in without an account, the APP will save the data locally and will not be cleared. If the user logs in using the account, the APP will upload the data to the cloud.

(2) Operating instructions: Step "Open H Band" --> Settings --> My Device --> Bind Device.

3.3 female function

(1) Function introduction:

a. This feature is for female users. When the user is male, no

interface related to the function will appear in the APP. When the user is a female, the user can set his or her current physiological state in the APP (only meridian, pregnancy, pregnancy, Baoma period) and menstrual time, the watch will judge according to the two, and the current The user's status, so that the corresponding display, the user can also open the female notification reminder, to facilitate their attention to the state, make adjustments.

b. Only the menstrual period and the pregnancy period: In the current state, the watch will display the current period status (menstrual period, safety period, ovulation period, ovulation day) according to the user's last menstrual time. If the notification function is turned on, the time is carefully reminded, and the reminder content depends on the current user's physiological condition, such as "Today's safety period, 23 days from the next menstrual period", "Today is the ovulation day, be extra careful", "Today" It is ovulation, and the chance of pregnancy is large."

c. Pregnancy: In the current state, the watch will calculate the expected date of delivery based on the pregnancy period, but if the notification function is turned on, the time message will be reminded. Reminder content such as "You have been pregnant for a week, please check regularly"

d. Hot mom period: In the current state, the watch will calculate

the current user's physiological state according to the baby's date of birth. If the notification function is turned on, the reminder content such as "the baby is born on the 2nd day, the recovery period pays attention to hygiene"
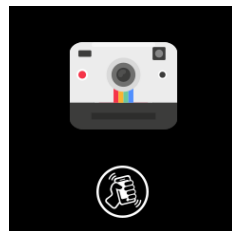
Instructions:

a. Set the physiological state: open "H Band" --> data panel --> female --> upper right icon --> select status

b. Turn on/off female notifications: Open "H Band" --> Data Panel --> Women --> Watch Notification

c. Only remember the menstrual period: open "H Band" --> data panel --> female --> pencil icon in the upper right corner --> select only the menstrual period --> select the duration of the period, the number of days separated --> save. The physiological state interface in the APP can set the last menstrual time.

d. Pregnancy: Open "H Band" --> Data Panel --> Female --> Pencil icon in the upper right corner --> Select Pregnancy --> Select Duration, Interval Day --> Save. The physiological state interface in the APP can set the last menstrual time.

e. Pregnancy: Open "H Band" --> Data Panel --> Female --> pencil icon in the upper right corner --> select pregnancy period --> select due date --> save

f. Bao Ma period: open "H Band" --> Data Panel --> Women -->

pencil icon in the upper right corner --> select Bao Ma period -->

fill in the baby basic information, menstrual duration days, interval

period -- >Save

3.4 taking pictures

 (1) Function introduction: After entering the camera interface in

the APP, you can take photos through the watch.

 (2) Operation instructions: Open "H Band"--> Settings--> My

Device--> Take a photo. At this time, the watch displays the photo

UI, as shown in Figure 8-3-3. At this time, single-touch button,

Take a picture with a shake and press 3S to exit.

(8-3-3)

3.5 Main interface style settings

 (1) Function introduction: The main interface style of the watch

can be set in the APP.

 (2) Operating instructions: Open "H Band" --> Settings --> My

Device --> Main Interface Style Settings

3.6 turn wrist bright screen

 (1) Function introduction: In the APP, the wrist button can be

turned on. After the user turns the wrist or raises the watch, the

screen can be turned from the screen to the screen. In addition, the time and sensitivity of the wrist screen can be set through the APP.

(2) Operating instructions:

a. Switch setting: Open "H Band" --> Settings --> My device --> Turn on the wrist bright switch

b. Parameter adjustment: open "H Band"--> Settings--> My device --> Click to turn the wrist bright screen --> Set start and end time, turn wrist sensitivity

4. Function switch default state

The default state of the watch function when the watch is shipped from the factory or after the user restores the factory settings.

Unit: Metric

Sports goal: 8000

Main interface style: default style

The default switch is on: turn the wrist bright screen, wear detection, automatic heart rate detection