

User Guide



1. Please read this Instruction Manual carefully before operation ;
2. It should be charged for at least 2 hours before being used for the first time ;
3. After turning on the equipment, it is required to load APP. In loading APP, all authorization applications should be agreed, otherwise, its functions can not be used.

Bracelet appearance



Requirement of the mobile end system adaptable to watch



Android 4.4 and above



iOS 8.2 and above

一、Application method

1、Charge the equipment

In charging, please affix the USB charging wire to the charging electric point on the back of the watch according to the diagram, connect the USB interface of the other end with the phone charger or computer USB terminal with the rated output voltage of 5V and the output current of over 500mA to charge the watch.



2、 Use the watch

(1)On: When the watch is in OFF status, it can be turned on by holding and touching the touch key for 3s as the diagram (2-1-1). The display time can be adjusted in APP.

(2)Operation: Touch the touch area for one time to switch the screen interface. If there is any subsidiary interface at present, holding and touching the touch area for 3s will enter into the corresponding subsidiary interface.

(3)Bright view: When the watch is in the black screen status, the user can touch the touch area for one time to brighten the screen. If it has been initiated the screen brightening switch by turning wrist in APP, the user can brighten the screen by turning the wrist. Then, the watch will show the main time interface.

(4)OFF: Switch the watch to the OFF interface just as the diagram (2-1-2). Holding and touching the touch key for 3s will present the OFF animation and vibrate. Afterwards, the watch will be turned off.



(2-1-1)



(2-1-2)

3、 Operation of APP download and APP connection

(1)APP download: The watch can be connected with the mobile phone with application support. The APP can be downloaded through scanning the QR code, through searching "H Band" from the application market for Android system, or through searching "H Band" from APP Store for IOS system.



H Band

(2)Connect watch and APP

The first step: initiate the Bluetooth of the cellphone
The second step: Launch "H Band" application on the cellphone, register the Individual account as the requirement, or choose to register with no account, enter the main APP interface after filling the relevant individual information.

The third step: "Click to connect the device" on the APP interface, search the Bluetooth of the watch to be connected, and bind the equipment. Just as the diagrams (2-1-3) and (2-1-4) indicate, the cellphone of IOS system can complete the binding by clicking "pairing", otherwise, some functions shall not be used. Just as the diagram (2-1-5), the main interface shall display that the Bluetooth has been connected after connecting watch and the cellphone APP. Just as the diagram (2-1-6) displays, the diagram (2-1-7) shall not be displayed if it is not connected.



(2-1-3)



(2-1-4)



(2-1-5)



(2-1-6)



(2-1-7)

(3) Operation of unbinding APP

a. Unbinding operation of Android cellphone: Click "disconnection" on "H Band" APP interface, just as the diagram:



b. Unbinding operation of IOS cellphone: After clicking "disconnection" on "H Band" APP Interface, and then enter cellphone system setting-Bluetooth-clicking the exclamation mark after the equipment name-ignoring the equipment, to completely unbind Bluetooth.



二、 Function introduction and operation instruction

1、 Common function

1.1 Exercise model

(1) Function introduction :

a. In exercise model, watch can record the time, heart rate, calorie and step number in exercising. In the halfway, the user can choose to pause or continue.

b. Auto-exit: In doing exercise, watch can judge if the user is in exercise state at present automatically. If it has been judged to reach the exercise exit requirements, it will automatically exit from the exercise mode.

c. Data storage: Watch can only store the exercise data of the latest 3 times.

(2) Operation instruction:

Data display: In the main interface status, touching the touch key for one time to switch to the exercise interface, just as the diagram (3-1-1) displays. In the exercise interface, pressing and holding for 3s to enter into the exercise data display interface, just as the diagram (3-1-2) displays. At this moment, the interface displays the exercise time, heart rate, calorie and step number.

Pause and continue: In the exercise data display interface, touching the touch key for one time to switch to the pause status, just as the diagram 3-1-3 displays. At this moment, pressing and holding for 3s to pause the exercise mode. Watch vibrates for 1s and then displays the continue interface, just as the diagram 3-1-4 shows. Pressing and holding for 3s to recover exercise. If the user has no operation for a period in this interface, watch displays the black screen automatically. Once it is brightened again, it will show the data display interface.

Exit: Touching the touch key for two times in the data display interface will enter the exit interface as diagram(3-1-5). At this moment, pressing and holding the touch key for 3s to exit the exercise mode. If the user conducts no operation for 8s in this interface, watch turns to the black screen automatically. Once it is brightened again, it will show the data display interface.



(3-1-1)



(3-1-2)



(3-1-3)



(3-1-4)



(3-1-5)

1.2 Step counting, calorie and mileage

(1) Function introduction: Watch will display the total step number, calorie, mileage and exercising target performance of the user of that day in the interface. The data will be reset at 0:00 everyday.

(2) Operation instruction: Single touch in the main interface will switch to the step counting interface, just as the diagram (3-1-6) displays. It will turn to black screen and become standby automatically if the user has no operation for a certain period.



(3-1-6)

1.3 Heart rate

(1) Function introduction :

a. Heart rate measurement: Watch will measure the heart rate of the user in the heart rate measurement interface. After measurement, the result will be displayed. It becomes black screen automatically if there is no operation for 60s.

b. Automatic monitoring of the heart rate: The function can be turned on and off through APP setting. When this function is on, watch will conduct automatic monitoring on time (every 10 minutes) and record the heart rate data. If a cellphone is bonded, it will convey the data to the APP terminal.

c. Heart rate alarm: When the heart rate automatic monitoring

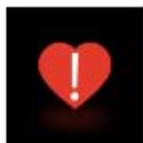
function is initiated, this function can be turned on and off through APP setting. And the heart rate upper limit can be set. When the heart rate of the user reaches the upper limit, watch will vibrate, alarm and display the heart rate alarm interface, just as the diagram(3-1-7) displays.

(2)Operation instruction:

a. Heart rate measurement: Switch to the heart rate measurement interface in the main interface, just as the diagram (3-1-8) displays. Once it enters the interface, the measurement starts. In the measurement process, the figure shown in the interface is zero. After measurement, the figure will be displayed. If the result is always unable to be detected, the figure should always be shown as zero until the standby status.

b. Automatic monitoring of ON/OFF: operation procedure: "open Hband"-->setting-->my device-->ON/OFF setting-->automatic monitoring of heart rate

c. Heart rate alarm: operation procedure: "open Hband"-->setting-->my device-->heart rate alarm ON/OFF-->set the upper limit of heart rate-->save



(3-1-7)



(3-1-8)

1.4 Sleep

(1)Function introduction: Watch will display the sleep time, deep sleep duration, light sleep duration and sleep quality of the user of the previous night in the interface



(2)Operation instruction: It will convert to the sleep interface through single touch in the main interface, just as the diagram (3-1-9), and it turns to the black screen and becomes standby if the user has no operation for a continuous 5s.



(3-1-9)

1.5 Search the cellphone

(1)Function introduction: This function can be set ON/OFF in APP. When it is "ON", it enters the cellphone searching interface. If the cellphone and watch are connected, watch can search cellphone and cellphone vibrates and sounds.

(2)Operation instruction :

ON/OFF: Open H Band -->setting-->my device-->ON/OFF setting. Then the function of "search the cellphone" can be turned on or off.

Search the cellphone: Switch to the cellphone search interface in the main interface, just as the diagram(3-1-10), press and hold for 3s to search cellphone, display the cellphone search animation as the diagram 3-1-11. At the moment, the cellphone vibrates and rings for 3s, with an interval of 2s.

Search exit: In searching cellphone, touching the touch key for one time will have search exit. After searching the cellphone for 1 minute, it will exit automatically from the function and turn to the black screen. Single touch of the equipment will stop searching and exiting from the first interface of cellphone search.



(3-1-10)



(3-1-11)

1.6 Stopwatch

(1)Function introduction: This function can be set ON/OFF in APP. When it is "ON", the stopwatch function can be used on the watch.

(2)Operation instruction :

ON/OFF: Open H Band -->setting-->my device-->ON/OFF setting. Then the function of "stopwatch" can be turned on or off.

Stopwatch operation: The first interface of the stopwatch can be reached by switching over the interface in the homepage, just as the diagram 3-1-12. Pressing and holding for 3s enters the secondary interface of the stopwatch, just as the diagram 3-1-13. Afterwards, it starts to time by touching the touch key for one time. In the timing process, the touch key can be touched for one time to pause/start switch. It turns to the black screen after starting the stopwatch for 1 minute. Pressing and holding the stopwatch interface for 3s exits the stopwatch function, and returns to the secondary interface of the stopwatch.



(3-1-12)



(3-1-13)

1.7 Count down

Function introduction: The count down function can count down the fixed time set by the user. When time is up, watch will display animation and have vibration alarm.

Operation instruction: This function has two operation modes

a. **Operation procedure of single countdown:** open "H Band"--> setting-->my device-->countdown-->start to count down-->set the duration of single time-->confirm. At this moment, watch brightens its screen and starts to count down, just as the diagram 3-1-14. It turns to the black screen when there is no operation after a certain period. In the countdown period, the countdown UI is in the rotary status (pressing and holding this interface for 3s will exit the countdown function). When the time is up, watch vibrates to alarm and is accompanied with reminding animation, which lasts for 3s.

b. **Operation procedure of permanent countdown:** open "H Band"-->setting-->my device-->countdown-->turn on the interface display switch-->set the common duration -->confirm. Watch switches the interface to show the countdown interface. Just as the diagram 3-1-15, pressing and holding for 3s at this moment to enter the secondary countdown interface. Just as the diagram 3-1-16, when it starts to count down, it turns to the black screen after a certain period. In the countdown period, the device displays the countdown interface and the countdown UI is in the rotary status. Pressing and holding this interface for 3s will exit the countdown function. When the time is up, watch vibrates to alarm and is accompanied with reminding animation, which lasts for 3s.



(3-1-14)



(3-1-15)



(3-1-16)

2. Prompting function

2.1 Alarm clock

(1)Function introduction: The user can set an alarm clock in APP.

A single alarm clock or repeated alarm clock can be set.

Moreover, the alarm clock can also be set with labels of a total of 20 groups for the users' selection. Single alarm clock can be deleted while repeated alarm clock can be set ON/OFF or deleted.

(2)Operation instruction: setting procedure: open "H Band"--> setting-->my device-->alarm setting-->click the "+" in the top right corner-->set the time and promoting date(select the repeated time for the repeated alarm clock)-->select the label-->click the "√" in the top right corner. After the alarm clock setting, watch will vibrate and display the alarm clock label when the time is up. Just as the diagram(3-2-1) shows, watch turns to the black screen for standby after vibrating for 10 times. (If the time set for single alarm clock conflicts with the time set for repeated alarm clock, the device will display the single alarm clock with priority).



(3-2-1)

2.2 Answer the incoming call, mute, reject

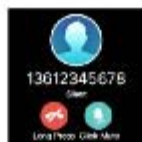
(1) Function introduction: This function can be turned ON/OFF in APP. When it is "ON", watch vibrates when there is any incoming call of the cellphone (There will be prompt after pairing the cellphone Bluetooth in IOS system), displays the incoming call label, Incoming number (If the address list of the cellphone records the number, the name of the caller will be displayed), just as the diagram 3-2-2 until the user answers or hangs up. Through watch operation, mute or reject for the incoming call can be realized. After the successful operation, watch turns to black screen and becomes standby.

(2) Operation Instruction

Setting of incoming call prompt: operation procedure: "open H Band" --> setting --> information prompt --> turn on the incoming call prompt

Mute: Watch vibrates when cellphone has incoming call. At this moment, touching the touch key for one time will mute the incoming call, watch stops vibration, and the interface prompts to have muted.

Reject: Watch vibrates when cellphone has incoming call. At this moment, pressing and holding the touch key for 3s can reject the incoming call. It turns to the black screen 0.5s after the screen displays the rejection.



(3-2-2)

2.3 SMS/cellphone APP information prompt

(1)Function Introduction: This function can be turned ON/OFF in APP. When this function is turned "ON", watch can display the push content if the cellphone receives any SMS or cellphone APP(WeChat, QQ and so on) has information push(require pairing for IOS and initiation of Android authority, the information prompt can be pushed ordinarily), just as the diagram 3-2-3 displays.

(2)Operation Instruction:

ON/OFF setting: operation procedure: "open H Band"-->setting -->information prompt-->set the category of the information required to be pushed.

Browse the information: Taking Facebook as an example, when cellphone receives Facebook push, watch vibrates and displays the push content. The page can be turned by touching the touch key for one time(become black screen when there is no operation for 3s). After displaying all the content, it becomes black screen by single touch.



(3-2-3)

2.4Sedentary prompt

(1)Function introduction: This function can be turned ON/OFF in APP. When the status is "ON", the user can set the sedentary judgement time, so that watch will keep on monitoring if the user is in the sedentary status. If the user exceeds the set duration in

the sedentary status, watch vibrates and displays the sedentary prompt animation just as the diagram in 3-2-4.

(2)Operation instruction: operation procedure: open "H Band" --> setting-->my device-->initiate the sedentary prompt-->click to enter the setting page(set the starting and ending time as well as the sedentary judgment duration)-->save. If the user exceeds the set duration in the status, watch vibrates to prompt.



(3-2-4)

2.5 Prompt of reaching the exercise target

(1)Function introduction: In APP, the user can set its own step number target everyday. When the step number of the user reaches the target, watch vibrates to prompt and displays the target achieve UI just as the diagram 3-2-5.

(2)Operation instruction: open "H Band"-->setting-->exercise target-->set the step number-->save.



(3-2-5)

3. Other functions

3.1 Wear test

Function introduction: This function can be turned ON/OFF in APP. After initiating the function, before conducting

heart rate(blood pressure) measurement, watch will carry out wear test to check if the user wears the watch correctly at present. If yes, it starts to measure the heart rate(blood pressure). If not, the sense light will twinkle for a while and then extinguish automatically, the watch turns to black screen and becomes standby.

(2)Operation instruction: operation procedure: "open H Band" --> setting--> my device--> ON/OFF setting--> wear test ON/OFF. There is no wear test function in black people mode.

3.2Photograph

(1)Function introduction: After entering the photography interface in APP, it can take pictures through watch.

(2)Operation instruction: "open H Band" --> setting--> my device--> photograph. At this moment, watch displays the photograph UI as the diagram 3-3-1 displays. Then it can take photos by touching the touch key for one time or shaking the watch. Pressing and holding for 3s will exit from the function. If there is still no operation within 1 minute after entering the function, both the watch and cellphone will exit from the photograph functions automatically.



(3-3-1)

3.3 Screen brightening by rotating wrist

(1)Function introduction: In APP, the function of screen brightening by rotating wrist can be initiated. When this function is launched, watch turns from black screen to bright screen when the user rotates the wrist or lifts hand. Moreover, APP can be used to set the time and sensitivity of screen brightening.

(2)Operation instruction

a.ON/OFF setting: open "H Band"-->setting-->my device--> initiate the function of screen brightening by rotating wrist

b.Parameter adjustment: open "H Band"-->setting-->my device -->click screen brightening by rotating wrist-->set the starting and ending times, as well as the wrist rotating sensitivity.

3.4Set the screen brightening duration

(1)Function introduction: The screen brightening duration of the watch can be set in APP. The shortest time is 3s while the longest time is 30s. After setting, except any individual functional interface of the watch, the screen brightening time set by APP shall prevail to the left.

(2)Operation instruction: open "H Band"-->setting-->my device -->click the screen brightening duration-->set the screen brightening time-->save

3.5Set the screen brightness

(1)Function introduction: The brightness can be adjusted automatically, or customized by the user.

(2)Operation instruction: open "H Band"-->setting-->my device -->click the brightness setting-->turn off the automatic adjustment-->set the brightness index-->return

3.6Reset the equipment password

User can set the password on its own. After setting the password, it is required to put in the password when the

cellphone is connected with the watch. The initial password is 0000, and the user can set as its own wish. The specific method is as follows: Open "H Band" interface--setting--my device--reset the equipment password--put in the new and old passwords--reset the password. When the password has been forgotten, pressing and holding the sleep interface of the watch for 6s will clear the password. Then, the user can connect with the watch with no password. If you choose to reset once again, the old password is still: 0000.

≡、Disclaimer

Warning: This product is not a medical equipment. Both the watch and its APP are unable to be used for diagnosis, treatment, or disease prevention and so on. If you want to change the exercise or sleep habit, please be sure to consult with the qualified professional medical personnel in the first, thus avoiding any serious injury or death. Our company reserves the right to correct or improve any function described in this manual without making any advanced notice. Meanwhile, our company is entitled to keep on updating the product contents. All relevant contents shall be subject to the real object.

FCC Caution:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.