

# KW-B07说明书设计

## 正面 英文



**B07**

**User's Manual**

### Foreword

Welcome to B07, a smart watch that can monitor your health data and record your exercise data. The data is for reference only, not as a medical basis.

Package content: B07 watch X1  
Instruction manual X1

### Initial Configuration

Charging cable X1

First, you need to download and install the H BAND app on the OP. The H BAND app will allow you to set up your fitness goals, track your progress, share your progress with friends, etc. The H BAND app supports IOS 11.0 and Android 5.0+ operating systems as well as Bluetooth 5.0 and 3.0, and is compatible with over 150 smartphones.

1. Turn on your phone's Bluetooth;
2. Download H BAND application;

Download on the App Store  
Download on the Google Play

3. Install the APP, register and login to the home page;
4. Turn on your phone's Bluetooth, follow the steps below for Bluetooth connection, and agree to all settings regarding permission opening during the pairing process.

Open APP -> Mine -> My Devices -> Not Connected - B07

5. Click the pairing button and allow access to contacts and call logs and receive phone notifications, the Bluetooth icon in the watch drop-down bar will turn white and the Bluetooth call icon will turn blue. Bluetooth 5.0 module connection is successful.

Users can click the Bluetooth call icon to independently set the audio call connection status for Bluetooth connection.

### Strap Replacement

The B07 watch contains two parts: the main body and the strap. Different wristbands can be purchased separately and can be changed freely at any time according to your preference. Toggle metal switch on the back of the strap to remove and install the strap.

### Charging instructions

Charging: Align the metal contact at the bottom of the watch with the charger, and the charging icon will appear on the watch screen. It takes about 2 hours for the watch to be fully charged, and the charging icon will show the full charge status when it is full.

### Basic operation

1. Power on: When the power is off, press and hold the side button for 3 seconds, the device will vibrate to power on and display the "main interface".
2. Menu interface: Click the side button under "Main interface" to enter the menu interface. Double-click the side button in the side-menu interface, click the side button to return to the "main interface".
3. Side-menu interface: Slide right on the "Main" screen to open the press screen function.
4. Bright screen: When the screen is resting, you can press the side button to brighten the screen or turn your wrist to awaken the screen.
5. Shutdown: Press and hold the side button for 3 seconds in the power status, the device will enter the "shutdown confirmation" screen.

### Touch operation

1. Full down status bar
1. Silent mode
2. Communication Bluetooth
3. Settings

Heart Rate Alert: The "Heart Rate Alert" when a user detects the user's heart rate is too high, the app will send an alert to the user's phone, and the value will come out on the "Heart Rate Alert" switch.

Device side: click the side button to enter the menu, click "Settings" -> "Heart Rate Alert".

App: Open H BAND and connect the device, click "Main Operation" -> "Settings" -> "Heart Rate Alert".

Device side: Left swipe on the dial interface to enter the "Blood Oxygen" interface, then click "Start" and the measurement will start. The test will be displayed when the test is completed. If the test fails, the "Test Failed" interface will be displayed.

Device side: Display the test result and blood oxygen curve graph.

App side: Display blood oxygen and agree data distribution graph.

Automatic monitoring: Turn on "Blood oxygen night monitoring" in blood or App. Data is device side. App side: After the test is completed, the "Nighttime sleep" screen will be displayed. The test is completed. If the test fails, the "Test Failed" interface will be displayed.

Device side: Display the test result and blood oxygen curve graph.

App side: Display blood oxygen and agree data distribution graph.

### Change Dials

Long press on the watch dial, swipe left and right to browse dials, click to finish changing.

You can download more dials from APP, open APP -> My -> My Dials -> Watch Dial page, click "Free", swipe left and right to browse dials, click to finish changing.

### Function introduction (click the side button to enter the menu)

Sports: The B07 supports up to 10 sports modes, which can be activated by tapping on the watch or mobile app to record sports data. During exercise, it can record the user's heart rate, calorie, exercise duration, and the user can "pause/resume" or "quit" the exercise at any time.

Auto-dial: During the movement, the device will automatically determine whether the dial is in the movement state. If it is determined that the current conditions have been met to switch the movement, it will automatically switch the movement record.

Data storage: After the exercise is finished, the exercise data will be saved to APP, which can be viewed in the exercise interface of APP.

Heart rate: The watch shows the user's last manual measurement record can pause/resume exercise, automatic monitoring of maximum and minimum values, and 7-day 24-hour heart rate line graph.

Manual measurement: Device side: slide the dial interface to the left four times to enter "Heart Rate" (or click the side button to enter the side button menu "Heart Rate").

24-hour automatic heart rate monitoring: Turn on heart rate monitoring in the device or app, and the device will detect once every 30 minutes. If the device is turned on overnight, it will be detected once every 1 minute. If the device is not used at 0:00 on the same day, and the user can connect to the App at any time of the day.

Set "Heart Rate Monitoring" switch: Device: click the side button to enter the menu, click "Settings" -> "Health and Testing" -> "Heart Rate Monitoring".

App: Open H BAND connected device, click "Main Operation" -> "Settings" -> "Heart Rate Monitoring".

Heart Rate Alert: The "Heart Rate Alert" when a user detects the user's heart rate is too high, the app will send an alert to the user's phone, and the value will come out on the "Heart Rate Alert" switch.

Device side: click the side button to enter the menu, click "Settings" -> "Heart Rate Alert".

App: Open H BAND and connect the device, click "Main Operation" -> "Settings" -> "Heart Rate Alert".

Device side: Left swipe on the dial interface to enter the "Blood Oxygen" interface, then click "Start" and the measurement will start. The test will be displayed when the test is completed. If the test fails, the "Test Failed" interface will be displayed.

Device side: Display the test result and blood oxygen curve graph.

App side: Display blood oxygen and agree data distribution graph.

### Activity

The "Activity" screen displays the user's distance and calories for the day. Clear at 0:00 daily, users can connect to distance and calories. Clear at 0:00 daily, users can connect to the App to upload all data.

### Operation instructions

Swipe left twice on the dial screen to enter the side button menu "Activity".

Sleep: Sleep left three times on the dial interface to enter the "Sleep" interface. On the dial interface, click the "Sleep" interface. On the dial interface, click the side button to enter the side button menu "Sleep". The "Sleep" interface shows the total sleep time and target sleep time, and the app will show detailed sleep data, including sleep quality, sleep time, wake up time, sleep time, wake up time, deep sleep time, light sleep time, and the user can add frequently used contacts to the device in the app (up to 10).

Breathing training: Click the side button on the dial interface to enter the side button menu "Breathing training", select the training duration and then start start.

Timer: In the menu interface, click "Timer", the timer will start. The watch will show the usual timer, users can also click the "+" icon to customize the duration. After the countdown starts, click the pause button to pause the countdown, then click cancel to cancel the timer.

Phone: After connecting to the Bluetooth of cell phone, you can make a call through the device. Press and hold the "Phone" icon on the dial screen, or enter the call log interface to call. With incoming call alert turned on, users can make, answer or hang up on the device when the phone calls. Make, answer or hang up using the incoming call on the device. After the device is connected to the phone, you can add frequently used contacts to the device in the app (up to 10).

Alarm: Click "+" after clicking "Alarm" to set the alarm time in color, and the watch will vibrate to remind you when the time comes, and click the watch screen to stop the vibration. Users can add alarm (up to 10 groups) on the device and add tags in the app to set repeated reminders or simple reminders. Click the alarm you want to modify/delete it, the alarm list, enter the alarm details interface and click delete.

Flashlight: Click "Flashlight" in the split screen menu or menu interface. Users can light up the device screen as a flashlight.

Switch settings: You can switch off/on the reminder of reaching the target, the reminder of setting for a long time, and the bright screen of lifting wrist. In the H BAND app, "My" -> "Set Goal", you can set a goal, and when the watch alarm, the goal reminder will be displayed in a vibration alert when the goal is completed.

Notification Settings: Set which programs the watch is allowed to receive message push from. Note: The cell phone needs to open the corresponding permission.

Language setting: Set the watch language.

System menu: Control the power off, erase data, restore factory settings, view device information when multiple B07 devices are connected on the phone. Note: The phone needs to be unlocked and allow H BAND access to the device information.

### Settings

Health and monitoring: Set automatic monitoring switch for heart rate, heart rate alarm, blood pressure, blood oxygen, temperature, sleep, blood sugar and pressure items. The data will be checked automatically every time data is recorded, and the data data will be saved at 0:00.

Screen and display: Set writing, screen brightness, Auto screen off, menu style for personalized settings.

Switch settings: You can switch off/on the reminder of reaching the target, the reminder of setting for a long time, and the bright screen of lifting wrist. In the H BAND app, "My" -> "Set Goal", you can set a goal, and when the watch alarm, the goal reminder will be displayed in a vibration alert when the goal is completed.

Notification Settings: Set which programs the watch is allowed to receive message push from. Note: The cell phone needs to open the corresponding permission.

Language setting: Set the watch language.

System menu: Control the power off, erase data, restore factory settings, view device information when multiple B07 devices are connected on the phone. Note: The phone needs to be unlocked and allow H BAND access to the device information.

### Specification

Color	1.90 TMT
Dial size	52.4 x 40.5 x 11.5 (mm)
Strap Size	260x22(mm)
Weight	54g
Capacity	200 mAh typical
Charging cable/Current	5V/200mA
Waterproof	IPX7

### Troubleshooting

#### Loss of heart rate signal

B07 smartwatch will keep an eye on your heart rate data when resting or in daily life, occasionally it may happen that the watch does not get the proper heart rate signal, at this time the lost heart rate data will appear as a dotted line. You fail to get the heart rate signal, first confirm the correct posture of wearing the watch and adjust the following to avoid being too high or too low, too tight or too loose on your wrist. After the adjustment, start the real-time heart rate detection to get the heart rate data. If there is still no heart rate data, please check if the detection function on H BAND APP is turned on.

#### Bluetooth connection problems

If the phone can't pair the watch, check whether there is B07 signal in the phone's settings - Bluetooth, if there is, it means there is a problem with Bluetooth signal, please check whether the watch has been paired with other phones and unpaired it, or system users, you also need to ignore this device in the phone's settings - Bluetooth, and then re-pair.

#### Exemption Clause

1. The heart rate and blood oxygen data obtained through B07 smart watch are for reference only and cannot be used as a basis for medical treatment or diagnosis.

2. For the treatment of hypertension, heart disease and other related diseases, it is recommended to consult a doctor for more professional diagnostic advice, do not make adjustments to your medication and treatment based on the monitoring data provided by B07, you should follow medical advice when you need to take medication and treatment. We will not be legally responsible for any errors in monitoring data or misuse of monitoring data and information.

3. The heart rate and blood pressure data of B07 smartwatch may not be completely accurate due to the influence of environmental signal interference, wearing posture, changes in climate and human physical condition.

## 反面 中文



**B07**

**使用指南**

### 前言

欢迎您使用 B07 这款智能手表，可以监测您的健康数据，记录您的运动数据。（数据仅供参考，不可作为医疗依据）

包装内容：B07手表 X1 说明书 X1 充电线 X1

### 初始配置

首先，您需要在手机上下载并安装 H BAND 应用程序。H BAND 应用程序支持 IOS 11.0 以及 Android 5.0 以上操作系统，兼容支持蓝牙 5.0 以及 3.0，并且兼容超过 150 款智能手机。

1. 打开手机蓝牙；
2. 下载 H BAND 应用程序；

扫描二维码下载 H BAND

扫描二维码下载 H BAND

3. 安装 APP，注册登录进入首页；
4. 打开手机蓝牙，按照以下步骤进行蓝牙连接，并在配对过程中同意所有关于权限打开的设置。
5. 打开 APP > 我的 -> 我的设备 -> 未连接 - B07
6. 在弹出的设备中选择 B07，按手机屏幕提示点击配对并同意所有关于权限打开的设置及数据同步选项，手表与手机连接成功，用户可在蓝牙通话界面独立设置蓝牙通话权限及连接状态。

### 更换表带

B07 手表包含两个部分：主体和表带。不同的表带可以单独购买，并且可以自由更换。请按照以下步骤操作，即可轻松更换表带。

### 充电说明

充电：将手表底部金属触点对准充电器，充电图标将出现在手表屏幕上。大约需要 2 小时即可充满电，充电图标将显示充满电状态。

### 基本操作

1. 开机：关机状态下，长按侧键 3 秒，设备自动开机，显示主界面。
2. 菜单界面：在主界面，单击侧键进入菜单界面。单击侧键两次，进入侧边栏界面。
3. 侧边栏：滑动右侧，即可打开侧边栏。单击侧键，即可返回主界面。
4. 亮屏：当屏幕处于待机状态时，您可以通过单击侧键或抬起手腕来唤醒屏幕。
5. 关机：单击侧键 3 秒，设备进入关机状态。

### 触摸屏操作

心率：在手表界面上次手动记录心率数据时，设备会自动记录心率。设备会自动记录心率，并显示在手表屏幕上。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

血压：进入「血压」界面后，点击「开始」按钮开始检测。检测过程中，屏幕会显示实时检测结果。检测结束后，屏幕会显示检测结果。

体温：进入「体温」界面后，点击开始按钮开始检测。检测过程中，屏幕会显示实时检测结果。检测结束后，屏幕会显示检测结果。

血糖：血糖界面左侧滑动进入「血糖」界面后，点击侧键进入血糖界面。检测过程中，屏幕会显示实时检测结果。检测结束后，屏幕会显示检测结果。

天气：设备连接 APP 天气后，可在手表上显示天气和 3 天天气预报。天气界面支持点击放大并允许 H BAND 提醒。

HRV (心率变异性)：进入「HRV」界面后，点击侧键进入 HRV 界面。检测过程中，屏幕会显示实时检测结果。检测结束后，屏幕会显示检测结果。

睡眠：睡眠界面左侧滑动进入「睡眠」界面后，点击侧键进入睡眠界面。检测过程中，屏幕会显示实时检测结果。检测结束后，屏幕会显示检测结果。

### 更换表盘

长按表盘，在底部出现菜单，点击即可进入表盘更换界面。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

### 功能介绍 (点击侧键进入菜单)

运动：长按侧键三次进入「运动」界面。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

睡眠：睡眠界面左侧滑动进入「睡眠」界面后，点击侧键进入睡眠界面。检测过程中，屏幕会显示实时检测结果。检测结束后，屏幕会显示检测结果。

呼吸训练：在手表界面上次手动记录呼吸训练数据时，设备会自动记录呼吸训练数据。设备会自动记录呼吸训练数据，并显示在手表屏幕上。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

压力：进入「压力」界面后，点击开始按钮开始检测。检测过程中，屏幕会显示实时检测结果。检测结束后，屏幕会显示检测结果。

音乐：菜单界面下，点击「音乐」，设备会自动记录音乐播放数据。设备会自动记录音乐播放数据，并显示在手表屏幕上。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

相机：打开手机蓝牙连接设备，点击「我的设备」-「相机」开始拍照。拍照过程中，屏幕会显示实时检测结果。拍照结束后，屏幕会显示检测结果。

天气：设备连接 APP 天气后，可在手表上显示天气和 3 天天气预报。天气界面支持点击放大并允许 H BAND 提醒。

秒表：点击侧键，选择「秒表」，点击「开始」按钮开始计时。计时过程中，屏幕会显示实时检测结果。计时结束后，屏幕会显示检测结果。

### 设置 (菜单界面点击「设置」进入)

健康监测：对心率、心率报警、血压、血糖、睡眠、血氧、压力项目进行个性化设置。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

屏幕与显示：可对表盘设置、屏幕亮度、自动锁屏、菜单风格进行个性化设置。

屏幕与显示：可对表盘设置、屏幕亮度、自动锁屏、菜单风格进行个性化设置。

通知设置：设置手表接收哪些应用程序的通知推送。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

语言设置：设置手表语言。

App 二维码：扫描 H BAND 应用程序。

系统菜单：控制开关机、睡眠数据、恢复出厂设置、查看设备信息、当手机运行多个 B07 设备时，可通过设备信息界面中的 H BAND 确认设备连接的设备。

### 规格参数

颜色	1.90 TMT
表盘尺寸	52.4 x 40.5 x 11.5 (mm)
表带尺寸	260x22 (mm)
重量	54g
容量	200 mAh typical
充电电压/电流	5V/200mA
防水	IPX7

### 故障排除

心率信号丢失：B07 手表会在您日常生活中持续记录您的心率数据。偶尔可能会出现手表未检测到心率信号，此时丢失的心率数据会显示为虚线。如果您检测到丢失的心率数据，请检查手表是否佩戴正确。调整一下，确保手表佩戴正确或抬起手腕。如果您检测到丢失的心率数据，请检查手表是否佩戴正确。如果您检测到丢失的心率数据，请检查手表是否佩戴正确。

蓝牙连接问题：如果您无法通过手表与手机连接，请检查手表是否处于蓝牙开启状态。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

语言助手：可在设备上启动手机语音助手并进行语音操作。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

计算器：用户可在设备上启动计算器，进行加减乘除。

设置：健康监测、手表系统等多项设备功能开关界面和设置。

### 规格参数

颜色	1.90 TMT
表盘尺寸	52.4 x 40.5 x 11.5 (mm)
表带尺寸	260x22 (mm)
重量	54g
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防水	IPX7

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蓝牙连接问题：如果您无法通过手表与手机连接，请检查手表是否处于蓝牙开启状态。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

语言助手：可在设备上启动手机语音助手并进行语音操作。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。您可以通过单击侧键或抬起手腕来唤醒屏幕。

计算器：用户可在设备上启动计算器，进行加减乘除。

设置：健康监测、手表系统等多项设备功能开关界面和设置。

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.

Changes or modifications to this unit 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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

**Radiation Exposure Statement**  
The device has been evaluated to meet general RF exposure requirement in portable exposure condition without restriction.