

# Smart Health Wristband User Manual



Please read the user manual carefully before use

## Product appearance



Touch key area

## Operating system



## Quick start guide

1. Download WearHealth  
The wristband requires application support to connect with mobile. Before downloading the application, please refer to required conditions of hardware platform of mobile system. Searching method: scan QR code to download



IOS App Google play Android App

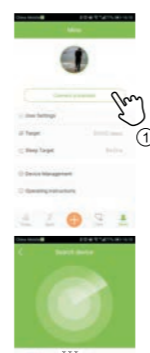
2. Activate and charge wristband  
When using the wristband for the first time, charge it for activation.



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## 3. Bind device

Search Bluetooth model to connect as shown in figure.



Click to select Bluetooth model

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## Start to use

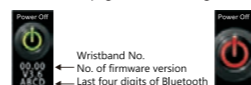
### Key function

Single click: switch function  
Long press: activate, switch model

After binding mobile successfully, your movement and sleep will be recorded and analyzed synchronously

### Operating instructions

- When using the wristband for the first time, ensure sufficient power. If failing to start under low battery, please fully charge the wristband and it will start automatically after charging.
- ON/OFF: switch to OFF page as shown in figure



ON: long press touch screen of wristband to start  
OFF: switch to OFF page as shown in figure. Long press the key to turn off.

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## Notification setting:

After connecting with wristband, find [Wristband Management] on [Me] interface. When Android mobile enters [Wristband Management] for the first time, it will prompt opening notification read permission. After selecting OK, open the switch on the pop-up page of notification permission. When IOS system connects with wristband, pairing request will pop up automatically. Please allow the pairing, otherwise the wristband can not receive notification, which is shown in figure:



## •Brighten screen by lifting/turning wrist

In [Wristband Management], turn on or turn off brighten screen by lifting/turning wrist.  
Brighten screen by lifting wrist: the wristband moves to normal watch looking posture from vertical position, surface angle is 30-85° and the screen will brighten automatically



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## Information push

The wristband supports information push and display of Skype / Whatsapp / Facebook / WeChat / QQ / SMS, etc. After the wristband receives message, long press for 3 seconds to return to main interface

## •Measurement calibration

When measuring with wristband for the first time, measurement calibration is required. To keep more accurate measurement data, please calibrate accurately and input your original blood pressure value precisely.

## Functions

Heart rate Blood pressure Sleep Stopwatch

Sports mode Alarm clock Message

One-key measurement Sleep

Take photo

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## Warranty

If any quality problem of product within warranty period, our company implements "three guarantees" policy. If any man-made damage, the replacement of accessories will be charged.

## Specifications

CPU: NRF 52832  
LCD: 0.96 inch TFT color screen  
Bluetooth antenna: Taiwan full-wave ceramic antenna

Resolution: 80\*160 pixel  
Bluetooth: 4.0BT  
Waterproof grade: IP67

## Packing list

- 1xwristband
- 1xuser manual
- 1xneedle
- 1xcharging line

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## FAQ

1. Why the wristband can't be detected while pairing?  
Please confirm that the Bluetooth of your mobile has been turned on and mobile belongs to pairing "within support range". Please ensure that the distance between wristband and mobile is within 0.5m. After pairing, communication range of Bluetooth is within 10m. Please check the power of wristband. If the problem is still not solved after charging, please contact with us.

2. Why Bluetooth can't be connected occasionally?  
When Bluetooth service of some mobiles restarts or becomes abnormal, this situation will occur. Restart Bluetooth or mobile for normal connection.

3. How to restore factory settings  
After the wristband connects with mobile, enter "Me-Wristband Management" in APP to select "Restore Factory Setting".

4. How to update firmware of wristband  
After the wristband connects with mobile, enter "Me-Wristband Management" in APP to select "Upgrade Firmware".

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## Warranty card

User name \_\_\_\_\_

User phone \_\_\_\_\_

Machine model \_\_\_\_\_

Date of purchase \_\_\_\_\_

Warranty period: one year \_\_\_\_\_

Guarantee repair with warranty card

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**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.