Smart tracker / Fitness tracker / Smart bracelet
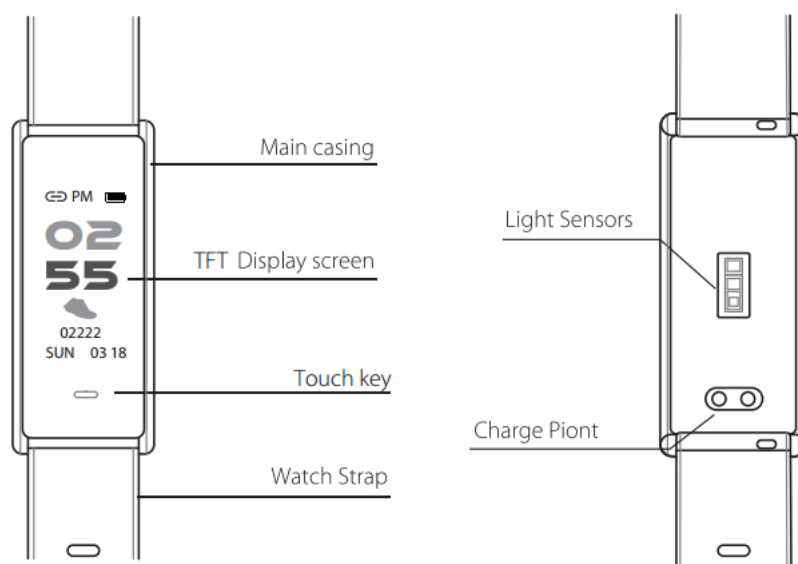
User Instructions
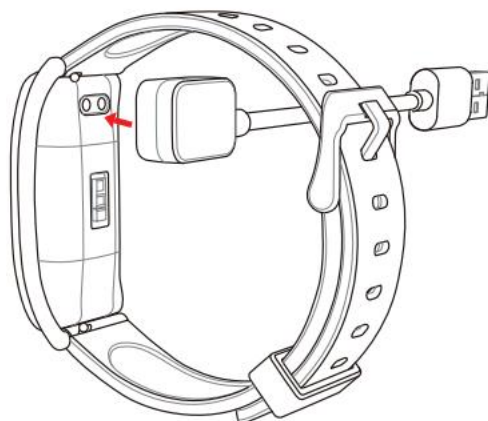
1.   Description of appearance

1) Product Instructions

2) Remove Strap and Charge Mode

3) Packaging List

1. Wristband X1   2. Gift box X1   3. User manual X1   4.Charger X1

2.   Initial Use Instructions

1) Introduction of equipment functional interfaces

The default display after turning on the device is time interface. Press the touch key and user can change between multiple functional interfaces.

Time--------Run--------Steps---------Distance--------Calories----------Oxygen---------BP----------HR-------Sleep--------Alarm--------Find phone-------Countdown-----Stopwatch-----Turn off

Tips: Find phone , the countdown, and the stopwatch interface are closed by default. User need to restart those functions through APP settings > My device > Switch settings

2) Software Download

A.   Search "H Band" in APP Store for iOS users;

B.   Search "H Band" through Google Play, Ying Yong Bao, Peasecod for Android users.

3) Connecting Device

Under the interface of "APP settings > My Device", pull under the interface and find Equipment Model. After successfully connecting the device model, "SW158" will be shown under the list of

"My Device" in the APP. Also in the left top of the device the sign" "will be present. Please

reconnect if the sign " " is showing.

4) Connection and Matching Notifications

a)   Make sure the phone Bluetooth is turned on;

b)   Make sure the device has a full battery and is turned on or charged before using.

c)   Make sure the device is within 50cm range while connecting with the phone;

d)   If Android phone cannot find any device through APP, please check if it allows "H Band" to use Bluetooth in the Phone Permission Settings;

3.   Introduction of Main Functions

✧   Attention: To ensure the data is valid, please input the right sex, height, weight and color of the skin through APP personal information.

A.   Starting Up/Shutdown

To start up the device, press the touch area for 3 seconds. The device will enter into the Time Interface. After no manual operation for 5 seconds, the device will go into standby mode. Switch to Device Shutdown page and shutdown the device by pressing the touch area for 3 seconds.

B.   Running Mode

On the running page, long press to enter into running mode. While in running mode, to change between realtime running data, and pause and exit screens, click the area. Data screens display running time, heart rate, running distance, calories, and steps in real time. While in the pause

and exit screen, long press to pause or exit running mode.

C.   Motion Monitoring

Enter the motion Monitoring Interface by pressing the touch area through the main interface, the device displays the current number of steps, distance, calories page on sequence. Screen will be off if no operation in 5 seconds.

D.   Sports reach standard remind

You can set a sports target value on your APP, When the number of moving sports reaches the target value, the device will vibrate reminder.

E.   Oxygen saturation monitor

The Device Measurement: Touch the touch key under the main interface of the device, switch to the interface of blood oxygen, equipment monitoring data real-time display blood oxygen data for 5minutes, if the monitoring process show 0% SPO2, please check whether the wearing a posture is correct, is the device sensor Close to the skin?

APP Manual Measurement: At the bottom of the APP's data panel, into the blood oxygen manual test interface, continuously monitor and display the real-time blood oxygen value, until Click pause to stop monitoring, Monitoring data will not be saved.

Blood oxygen monitoring in the night: Open blood oxygen night monitoring switch in APP. The device will automatically monitor the blood oxygen data at 00:00-07:00 every day, real-time monitoring. and the data report can be detailed in the APP data panel. In data panel click on the blood oxygen analysis module into the data panel, the panel will display data from 00:00-07:00, the results of the analysis, main indicator, interventions.

(1) click icon, You can view every ten minutes of data, Continue clicking on a single average, You can look at each minute of data.

(2) Open the oxygen night monitoring switch, according to wear the day night monitoring blood oxygen data, The results of the report are displayed in the analysis results in the panel, divided into normal, mild, moderate, severe several levels.

(3) The analyze data panel, click on main indicators the "more", The indicators will have an overall presentation, Click on the each indicators, You can view the noun interpretation, common symptoms and treatment methods of each indicator.
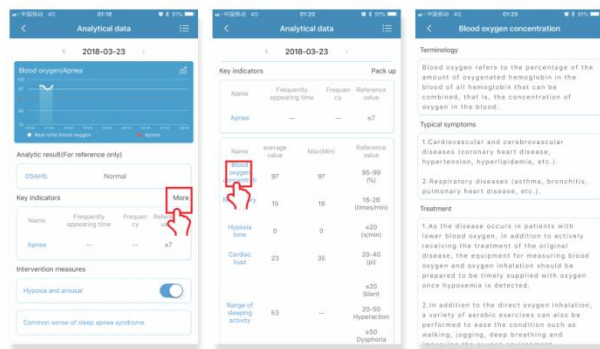
Analysis data panel   The report of the indicators   Explanation of nouns

(4) Click icon, Enter the analysis data panel, To view about the blood oxygen/apnea, cardiac load, sleep activity, pulse variability, respiratory rate, low oxygen time several big module chart report, click on the name of each report, and to view the corresponding detailed data.
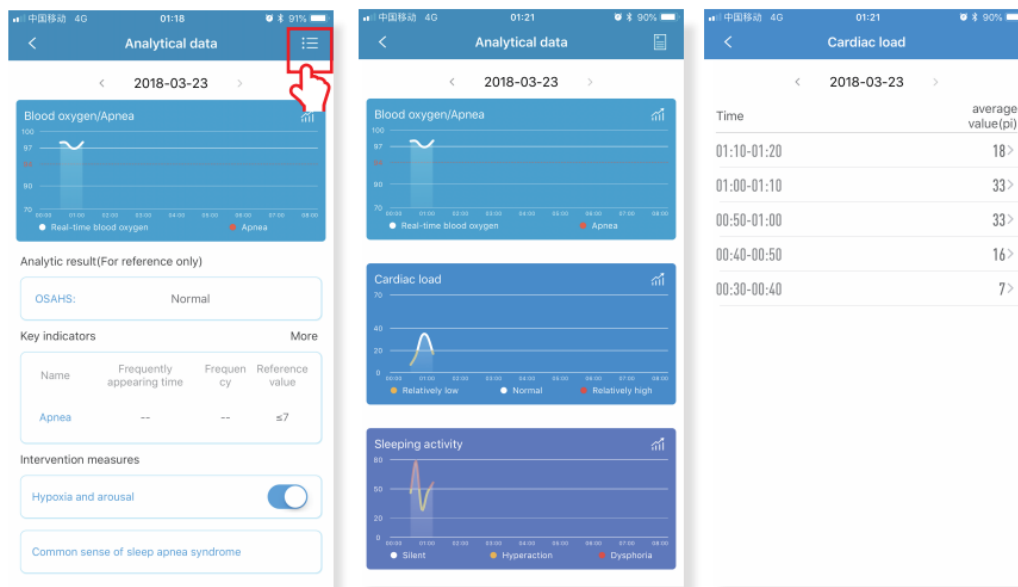
Analysis data panel   The chart report   Detailed data

(5) Turn on the "hypoxic wake" switch on "intervention" , When the equipment detected the blood oxygen continues too low. may be affect your health, the equipment will vibrate the reminder for notification.

(6) Click at the bottom of the panel "breath pauses common sense", Can see the "apnea syndrome" related content.

F.   HRV

If you need to know wear time "heart rate variability" (According to the changes of each cycle of heart rate, reflecting the degree of heart rate changes, law, you can determine its impact on cardiovascular activity). In the app setting, Open the HRV night monitor switch, the equipment will monitor the HRV data from 00:00-07:00 in real time, the reference index can be viewed in detail in the APP data pane.
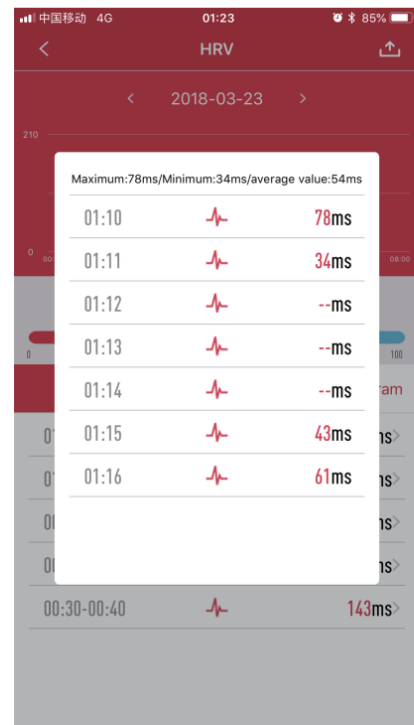
(1) Open the HRV data panel, you can view the HRV heath index, based on the monitoring data

to determine whether the user is abnormal. Fatigue, tension, or excitement, The exponent is notmal, indicating that the user is in a relaxed state.

(2) Select the date on the data panel to wear the bracelet, can check out the daily HRV data charts. Sliding HRV data charts, can see the average difference in heartbeat cycles per 10 minutes.

(3) At the bottom of the data panel, you can look at the HRV data for each minute, Lorentz scatter diagram(Compare the same lorentz scatter reference graph and click the comment for each image).
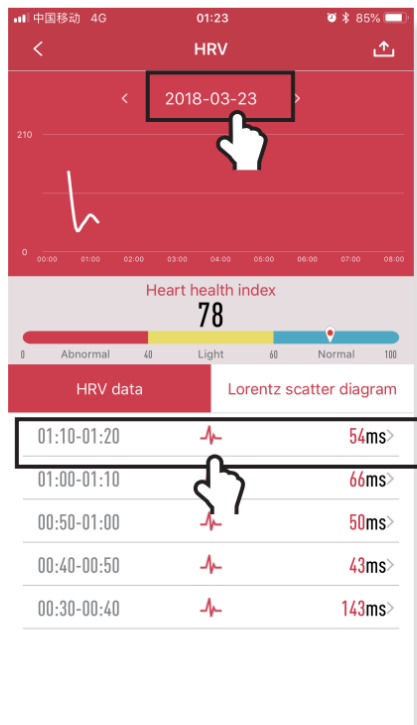
HRV data trends of the day   Every minutes HRV data
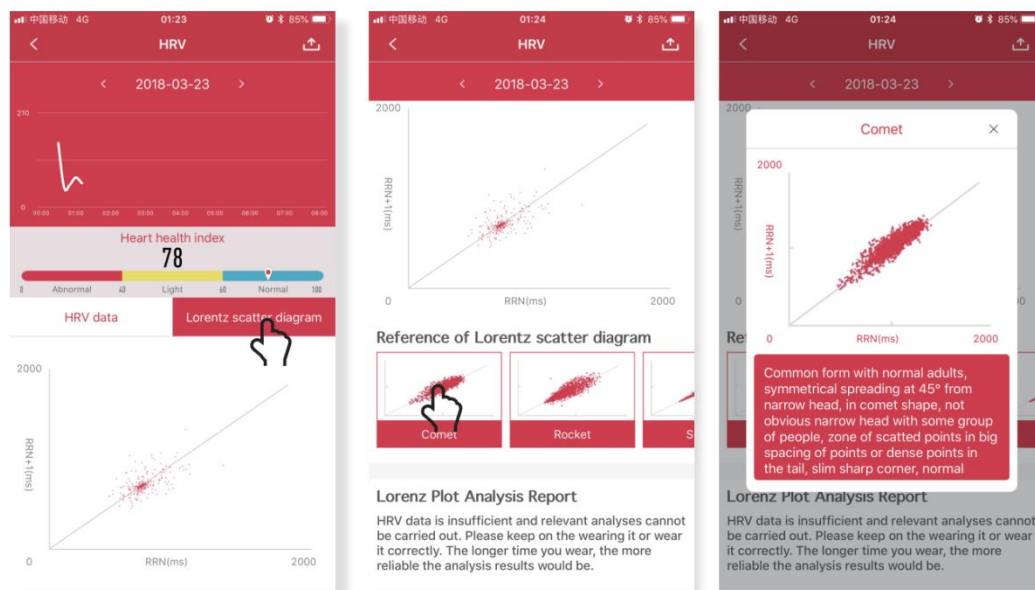
Lorentz scatter diagram

Lorentz scatter point reference graph

Annotations for each image

G. At the bottom of the APP's data pane, click ⬤ enter into the fatigue test interface, After the test, select whether or not to save the test results according to the popup window.

H. At the bottom of the APP's data pane, Click ⬤ enter into the respiratory rate test interface. The test duration is one minute. Please maintain the correct posture during the test. The test result will not be saved.

I. Manual Heart Rate Test and Automatic Monitoring

On heart rate detection manual page, device will detect automatically. The device will constantly on the screen. After accumulating data for 60 seconds, the device will enter into standby mode and this is not dependent upon receiving results to the test. The data tested through the device will not be saved.

User can find the Heart Rate Icon at the bottom of the APP interface. Tap the icon ⬤ and the device enters the manual Heart Rate Test interface. While in this mode, the user can use the device to test their heart rate manually. The data tested through the device will not be saved.

Turn on the button for the 24 hours automatic heart rate test through APP, then the device will automatically capture the Heart rate of the user every ten minutes and will present captured data every 30 minutes. After syncing, the result and details will be presented through the APP.
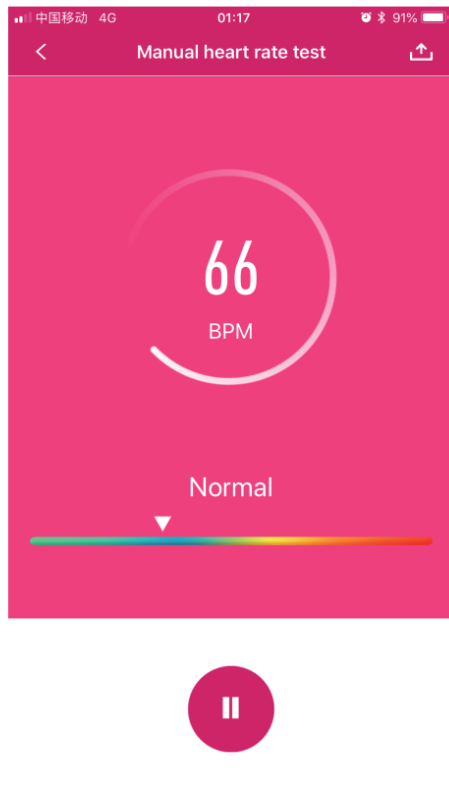
The APP Test Modes
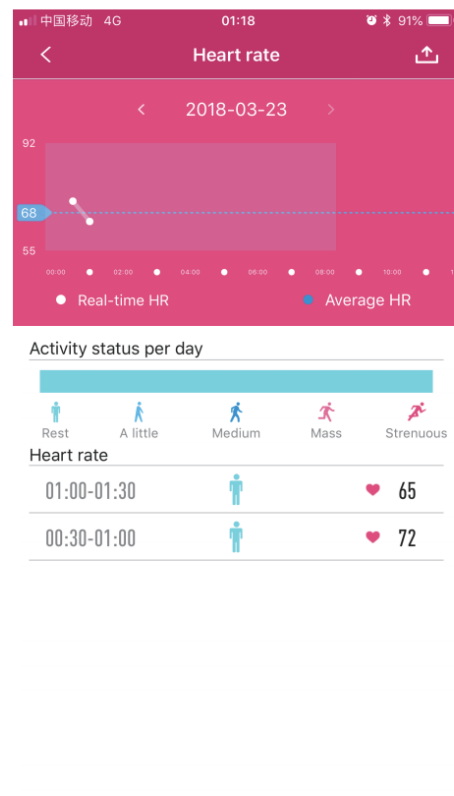
Heart Rate Data Panel

J.   .Sleep Monitoring

On sleep detection page, show total sleepy hours, display off in 5 seconds if no action in this period.

K.   Phone Tracking

"H Band" must be running in the background on the phone to use this feature. To track their phone, the user must turn the device Mode to "seek phone." A long press on the touch area will cause the phone to respond.

L.   Stopwatch

The stopwatch can be switched on using the Stopwatch function in the APP. Once it is turned on, the device will go into Stopwatch mode. While the stopwatch is running, tap on the touch area to pause or continue the count. Another long press stops the count.

Attention: While in stopwatch mode, all rest reminders and pushes notifications will be temporarily blocked. The maximum time-count reaches up to 99 min 59 sec.

M.   Count-Down

After setting countdown mode the count-down begins, A sand clock will display on the device will

display on the device screen, and the device will vibrate both when count-down begins and finishes. A quick start switch can also be set for high frequency events. A long hold on the touch area will initiate the count-down quick start.

N.   Alarm Clock and Events Reminder

Multiple alarms can be set through "Settings" in the APP. Snooze reminders for the alarms can be set within the APP. This function can also add tags for important things which happening in the future. When set time arrives, the device will vibrate and show those tags.

O.   Notifications/Pushes

When a new message arrives, the device vibrates and the screen shows relevant notifications and corresponding icons.

Attention: please switch on APP notifications first; Relevant communication tools should be set to allow contents to be shown on the device screen.

P.   Call reminder

The device will remind you with vibration when you have a coming call.Short press to mute, long press to reject the call.

Q.   Sedentary reminder

This function can be turned on using the APP. The user can set a time value for the warning . When the device detects that the user has sat or kept still for the set time limit, the device will vibrate to remind the user to move around.

R.   Heart Rate Warning

Using the APP, the user can choose to turn on the heart rate warning and preset the upper limit of their heart rate. If the device detects that the user's heart rate has reached or exceeded the preset value, it will vibrates and display the following icon on the device screen.

S.   Remote Photograph

To use the device to take a remote photograph, the user can turn   on the Camera Mode in the APP, then quickly shaking the waist.

T.   Waterproof

The waterproof of this device is IP67,   suitable for hands washing, rain or cold shower, not suitable for plunge, dive or soak.

U. Low power state

When the bracelet is too low, to avoid power consumption too fast and influence use, the monitoring function of heart rate, blood oxygen and sleep will be automatically blocked.

V. Physiological Period Reminder

This feature can be used as a timely reminder of the user's different physiological states.
Note: This function is only available in Chinese/Englise system.

1).How to turn on the function?

User can set their gender in their profile within the APP. If the gender is "female", the system reminds the user promptly to set up her physiological period (If unnecessary then tap to skip). There are four statuses for female physiological period. They are "Period", "Preparing for Pregnancy", "Pregnancy", "Postpartum". User information and status will be saved in the APP.
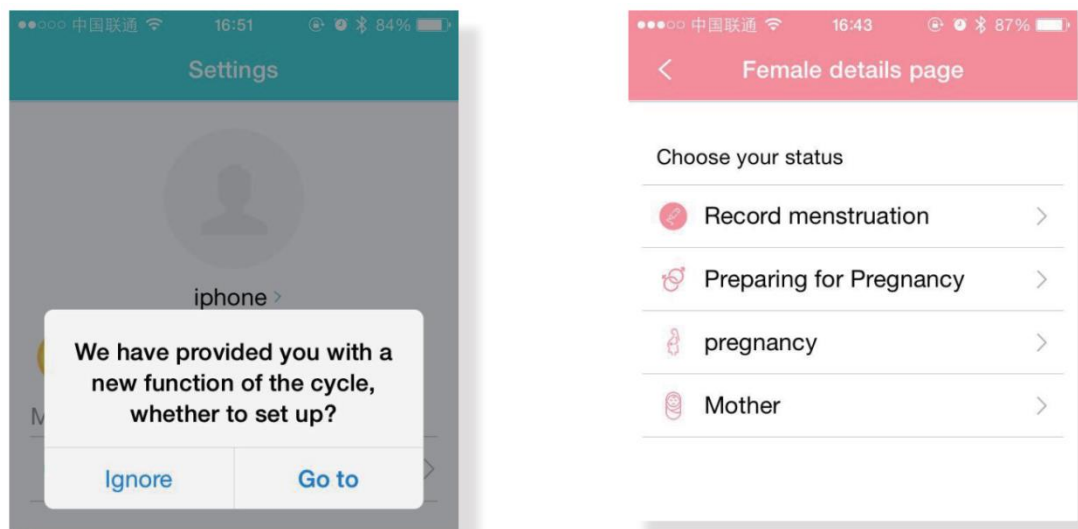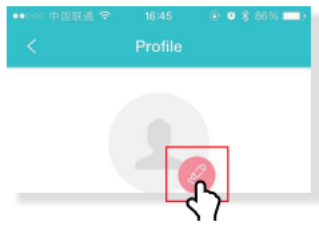

2).How to modify current physiological status on user's device?

Change the settings through the female section on the APP dashboard.
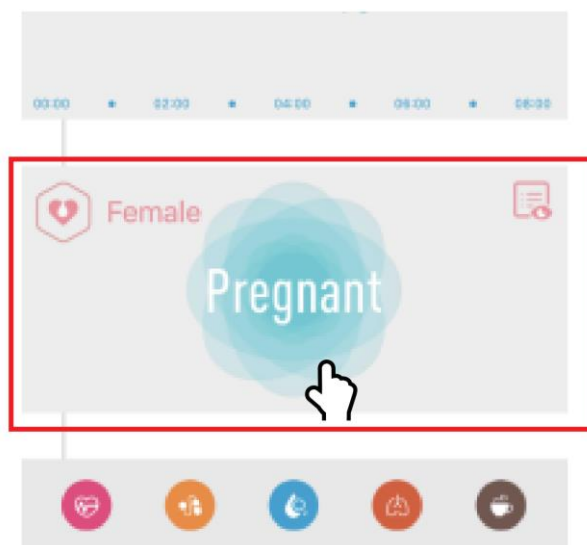
3).How to change di erent physiological states?

Tap and enter into the "Personal Settings", then pull down the list to the right bottom. Enter via the

physiological status icon to adjust settings.

4). Icon shows

Menstrual period   safe period   Ovulatory period   Ovulation date

4.   Notes

1)   Do not use a charger with a current greater than 5V2A. Charging time is 90 minutes;

2)   Do not charge if the device is water damaged;

3)   This is an electronic monitoring product; data received from it cannot be used as medical reference and is for reference only;

4)   The photoelectric sensor is a highly-sensitive component, and should be careful not to be damaged by hard objects. The device may be sweat stained or have dust attached after wearing it for a period of time. User can use soft cloth to clean regularly.

5. Q&A

Q: What if the update fails?

A:If the initial upgrade fails, please reconnect the device "Dfulang." The system will automatically begin the update.

Q: Why is the sleeping heart rate test result inaccurate?

A: Wearable device monitors human activities through electronic sensors, and they are at the consumer electronics level. It's normal for certain deviation. The user should treat data objectively.

Q: Where to set APP permissions?
A: Android Phone – Settings – Find "H Band" Application – Set to "Trust this software."

1. If the phone has a Security Management or Clean Up APP, please add the "H-Band" application to the White List (Trusted List).
2. In System Settings, under Permission Manager, set "H Band" as a trusted application in order to allow phone calls and incoming messages to be shown on the device display.

Q: How to set the time display?
  A: The device will match the time display format of the phone when synced.

Q: How to set the language?
A: By changing the telephone language to change the APP's language.

Q: How to set the password?

A:Long press the touch area for 6 seconds while in the sleep mode . The device will vibrate and the password will be restored to"0000".

6.   Specifications

Model: Tap

Chipset: NORDIC 52832

HR / Oxygen Sensor: OSRAM SFH7060

Weight: 24.5g

Data Transfer: Bluetooth 4.0

Battery: Polymer Lithium

Volume of Battery: 150mAh

Charging Voltage: 5V

Charging Current: 100mA

Working Temperature: -10℃-45℃

Waterproof: IP67

Device Requirement: Android 4.4/above; Bluetooth 4.0;
iPhone 4S/above, iOS 8.0/above;

7. FCC Warning

Warning: 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.

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.

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.