

105g铜版纸，双面四色打印，展开尺寸141*295，五折页

正面

背面

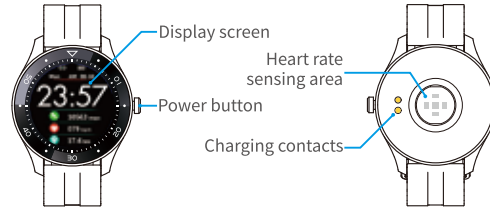
SMART WATCH Fit6

User manual

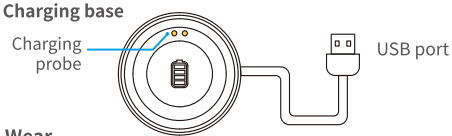
I .Product description

Please read this manual carefully before using the product and keep it properly. The illustrations of products, accessories, and user interfaces in the manual are all schematic diagrams and are for reference only. Please refer to the actual product.

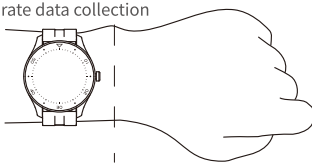
1. Watch body



2. Charging base



3. Wear



For daily wear, wear the watch to a distance of about one finger from the wrist bone and adjust the strap tightness to ensure normal data collection. Note: Wearing the watch too loosely may affect the heart rate data collection.

II .Use

1. Power on/off


Power on: Long press the power button to power on. Shutdown: Switch to the shutdown interface, and press and hold the shutdown icon or power button until the screen goes out.



2. Connect

For the first use, please scan the QR code below to download the "Hband" APP. After logging in, click the "Mine" interface under the APP, click the "My Device" option, and select "Fit6" to connect.

Note: Setting personal information can improve data accuracy.

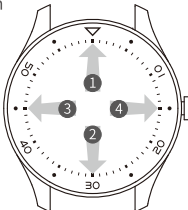


III.display

3. Button and gesture definition.


Power button: power on/off, return to the main interface

- Slide down on the main interface, switch the main interface, slide down on other interfaces, turn pages.
- Swipe left and right on the main interface to switch direct cards.
- Swipe from the right on other pages to return to the previous level.




1. Main interface

There are 6 main interfaces, which can be switched by sliding on the main interface.




2. Step counting

Swipe right from the main interface to the step counter interface to view the step counter information. You can also view and set the exercise goal in the APP.




3. Heart rate

On the main interface, swipe right to the heart rate interface. The left interface is the heart rate test. Please wait for the test to complete. The right interface shows the heart rate test result display.



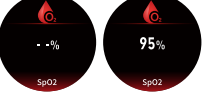
4. Sleep

The sleep monitoring function needs to be worn normally at night. For more sleep data, please check the APP.




5. SpO2

Swipe right to the SpO2 interface. The SpO2 test takes a few seconds. Please wait for the test to complete. Please check the APP for more data.



6. Function selection

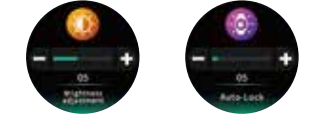
Swipe right on the main interface to switch to the function selection interface. The optional functions are: Sport, Music, heart rate, blood pressure, stopwatch, countdown, information, SpO2, setting, and find phone.



IV.Setting

1. Brightness adjustment, Auto-Lock

Open the setting function, click "Brightness adjustment" and "Auto-Lock" to set, and the lock screen duration can be set in the APP in detail.



2. Message settings

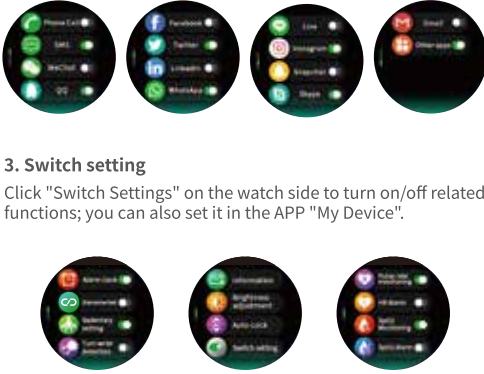
Open the message settings, you can turn on/off receiving the message push of the app, or turn on/off in the APP "My Device" → "Information Reminder".

Note: Need to give "Hband" information read permission.

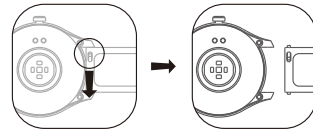
V.Remove and install watch strap

3. Switch setting

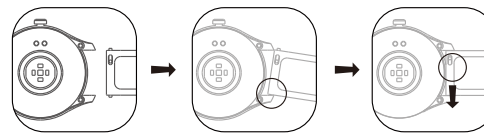
Click "Switch Settings" on the watch side to turn on/off related functions; you can also set it in the APP "My Device".



install watch strap



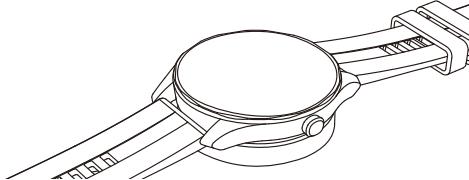
Remove watch strap



VI.Changing

1. Place the mobile phone on the charging base, so that the charging contacts on the back of the watch and the charging contacts of the base fit completely.

2. Please use a standard USB charger with an output voltage of 5V and an output current of 0.5A and above purchased through regular channels.



VII.Safety and precautions

- Do not use corrosive cleaners to clean this product.
- Store this product in a dry environment and charge it at least once a month.
- Do not use this product in a humid place or near a magnetic field, so as to avoid malfunction of the internal circuit of the device.
- Using unapproved or incompatible power supplies, chargers, or batteries may cause fire, explosion or other hazards.
- This product is equipped with a non-removable built-in battery. It is strictly forbidden to disassemble, hit, or set on fire without permission. If it expands, it must not be used continuously; it must not be used in a high temperature environment.
- The waterproof rating of the watch is 5ATM, but the waterproof function is not permanently effective and may weaken over time.
- When charging the watch, please keep the charger, charging base and watch in a dry state and environment. Do not touch

the charger and charging base with wet hands. And make sure that the charger, charging stand and watch are not immersed in rain or liquid.

- Please use the watch within the temperature range of -10°~45°. When the ambient temperature is too high or too low, it may cause the watch to malfunction.

Traffic safety

- Remember that safe driving is your first responsibility, and don't engage in distracting activities.
- The electronic equipment of the car may malfunction due to radio interference from the watch. Please contact the manufacturer for advice.
- Do not place the device above the car's airbag or in the area that can be reached after the airbag is deployed, lest the device receives strong external force when the airbag is inflated, which may cause serious injury to you.
- Wireless devices may interfere with the flight system of the aircraft. Please abide by the relevant regulations of the airlines.

Do not use wireless devices where the use of wireless devices is prohibited.

Impact on medical equipment

- In medical and health care places where the use of wireless devices is expressly prohibited, please comply with the regulations of that place and do not use this device.
- The radio waves generated by the equipment may affect the normal operation of implanted medical equipment or personal medical equipment, such as pacemakers, cochlear implants, hearing aids, etc. If you use these medical devices, please consult their manufacturers about the restrictions on using this device.
- When using this device, please keep a long distance from implanted medical devices (such as pacemakers, cochlear implants, etc.).

Common problem

1. Why should the watch be worn tighter?

The monitoring sensor adopts the principle of optical reflection, and excess ambient light will cause interference, resulting in inaccurate data collection.

2. Why did I not receive a reminder when the message reminder function was turned on?

Please make sure that the watch is connected to the mobile phone, open the corresponding permissions in the mobile settings, allow "Hband" to access information such as incoming calls, SMS, address book, and keep "Hband" running in the background; if the mobile phone is installed with security software, please add "Hband" for trust.

3. Does the Bluetooth connection need to be turned on all the time? Is there still data after disconnection?

Before the data is synchronized, the data remains on the main body of the watch (the data can be retained for seven days).

When the Bluetooth connection between the phone and the watch is successful, the watch data will be automatically uploaded to the phone. Please synchronize the data to the phone in time. Note: If you turn on the call and message reminder function, you must keep the Bluetooth connected.

4. The waiting time for heart rate test is too long?

It is necessary to collect longer signals according to different groups of people to calculate accurate heart rate data.

5. What should I do if the Bluetooth connection fails?

- Bluetooth connection signal interference, please make sure to operate in no magnetic field or multi-Bluetooth devices Under disturbance.
- Turn off Bluetooth and turn it on again.
- Close the phone background application and restart "Hband" or restart the phone.
- Do not connect the phone to other Bluetooth devices or functions at the same time.

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.