M15 PRO Smart Watch instructions

Please charge at full before using it.
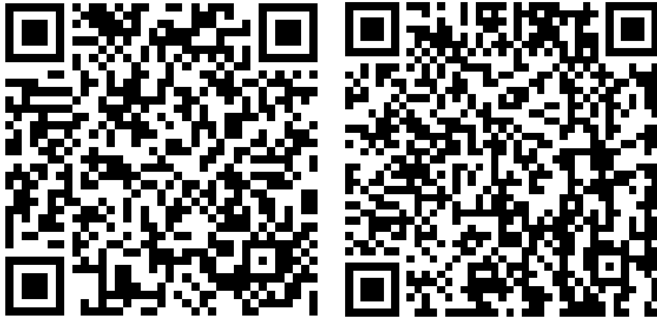
App: hband

Note: please charge only with the k7 usb cable equipped.If you don't, the device will short-circuit

1. Download and pair rings

Press the power button for a long time and turn it on.

When searching for a 1.2 "hband", download the next qr code from the app store or Google play to install or download app

Android.IOS

Response system: Android4.4 above, IOS8.0 above

Step one: Step 2: bluetooth is enabled on a mobile phoneYou open the hband app and click on "connect adevice."

- When connected, match the Bluetooth address with the smart bracelet.

- Make a Bluetooth address by sliding to the right from the default interface

NAME: Ex
MAC: AD:2C
VER: 00.30

2. Smart Bracelet feature

2.1 time interface (default interface)

2.1.1 power on: Drag the default interface corresponding to the various Bracelet interfaces with the long press power button

2.1.2 power off: Press the time interface button to long or press the "power off" interface (to slide right from the time interface)

2.1.3 waking up the screen: Press the power button. Take the wrist (find "K7 app" - find "K7 my device") turn on "turn wrist", turn on "switch" - turn on "turn wrist" (hband app and bracelet both have light screen features) Turn itch
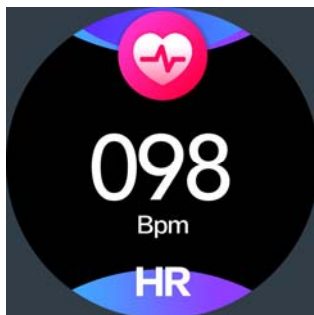
2.2 step record

2.3 sleep monitor(monitor time: 6:00 am - 4:00 pm next day; 4:00 p.m.; ensure sleep time: 6:00 pm - 8:00 am next time, installed on the device and synchronized data to the app)
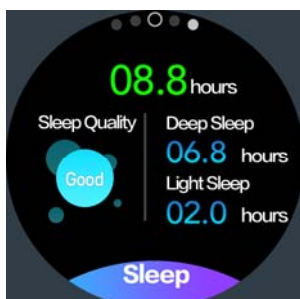
2.4 functional interfaces

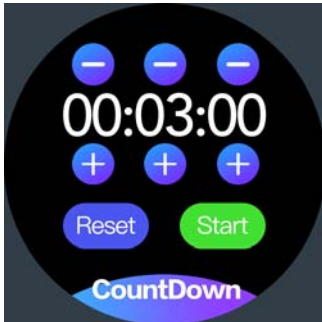## 2.5 heart rate monitor

2.6 blood stasis

2.7 stopwatch Click start to enter stopwatch. If you want to finish the "stopwatch" mode, click "pause" - click Reset - slide the right screen

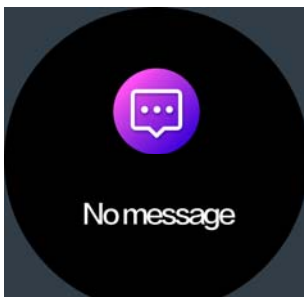## 2.8 countdown

(manually ⊖ ⊖ ⊖ or ⊕ ⊕ ⊕ ck click start. If you finish the "countdown" mode, click "pause" - click Reset - slide the screen on the right side

2.9 messages(save 3 messages)

2.10 sport(slide to the end or pause the sport)
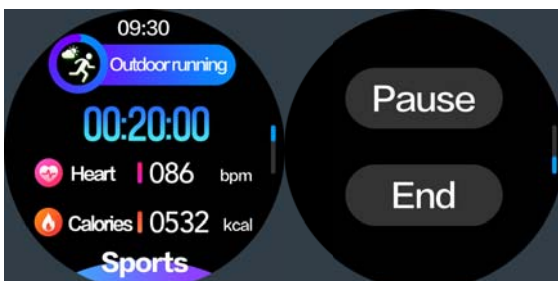
2.11

2.12 looking for a phone

(the phone will ring when Bluetooth is connected to the smart bracelet.)

2.13 setting
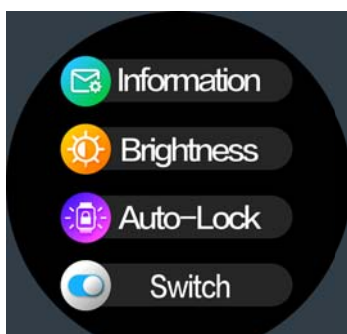
2.13.1 intelligence (Sync messages, calls, and app messages: turn the clock enabled switch on the "info" menu in the settings menu and turn on the hband app's "message notification" menu)

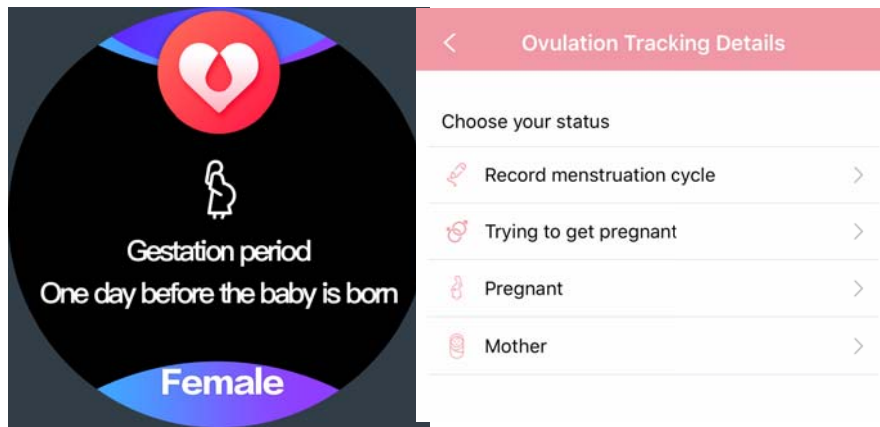## 2.13.2 brightness (Manually adjust screen brightness)

2.13.3 auto lock (Manually adjust the time interval of the lock screen)
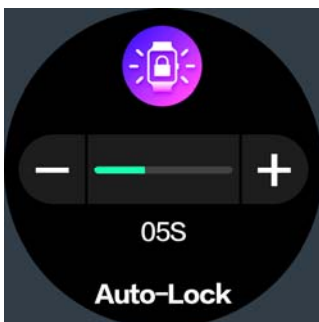
2.13.4 switches (「Turn on the corresponding switch in bracele switch under the settings menu, and turn on the "hband" switch on the app)

3.App features

3.1. App data record interface （Footsteps, sports, heart rate, blood pressure, blood oxygen, female)

3.2 lines

3.2.1. GPS movement （Manually turn on sports mode: click on the screen and enter "map" mode to tap "start sports". Check history records again)

3.2.2 Bracelet movement （Check history record)

3.3 configuration interfaces

3.3.1 my device M15 PRO

M15PRO[7F:49][3046][00.39.01]

Notifications

- Message notification   >
- Alarm setting   >
- Sedentary setting   ⬤ >
- Heart rate alert   ⬤ >
- Turn wrist detection   ⬤ >

More

- Pair device   ⬤
- Low power mode   ⬤ >
- BP private mode   ◯ >
- Screen-On time   5S >
- Switch setting   >
- Take photo   >
- Reset password   >

- Alarm setting   >
- Sedentary setting   ⬤ >
- Heart rate alert   ⬤ >
- Turn wrist detection   ⬤ >

More

- Pair device   ⬤
- Low power mode   ⬤ >
- BP private mode   ◯ >
- Screen-On time   5S >
- Switch setting   >
- Take photo   >
- Reset password   >
- Firmware upgrade   00.39.01 >
- Clear data   >

Disconnect

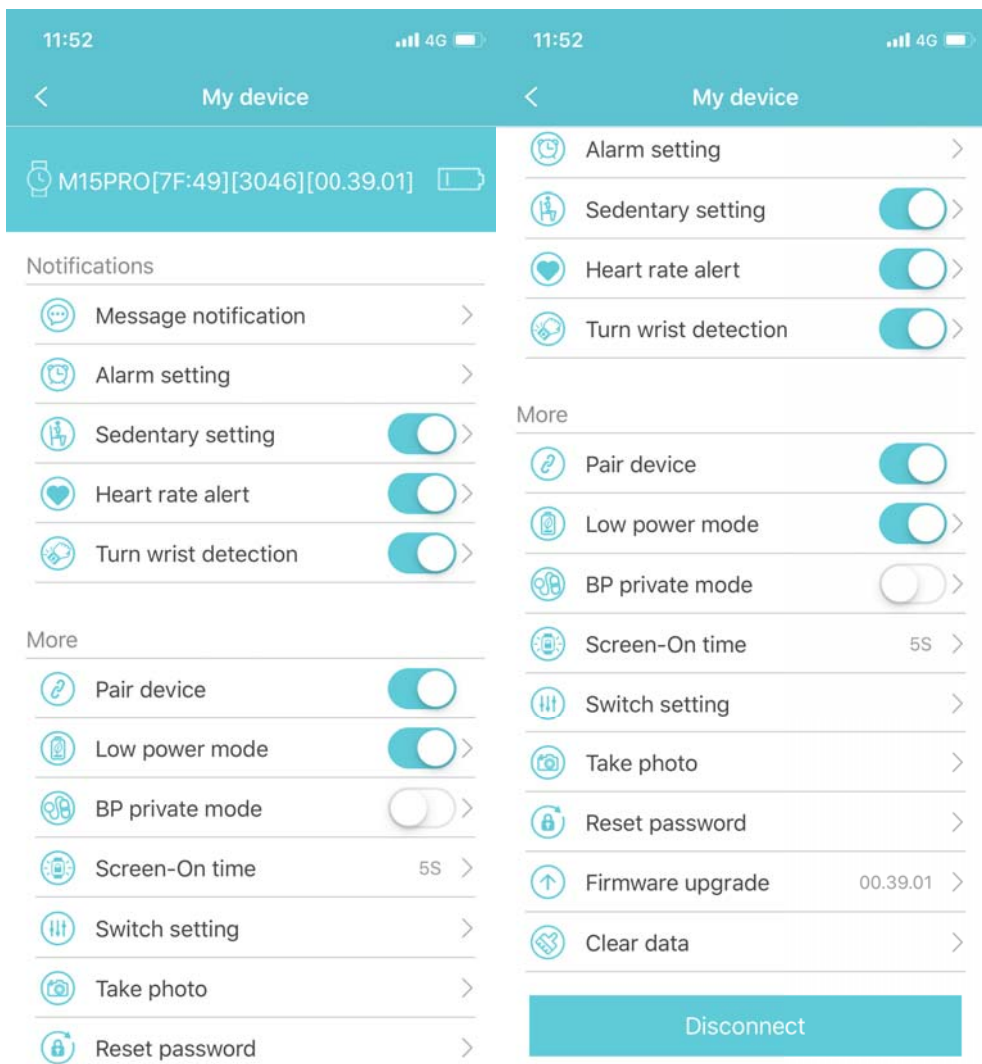**3.3.1.1 message notification** (Sync messages, calls, and app messages: turn on the switch on the "info" menu under "Settings" and turn on the corresponding switch)
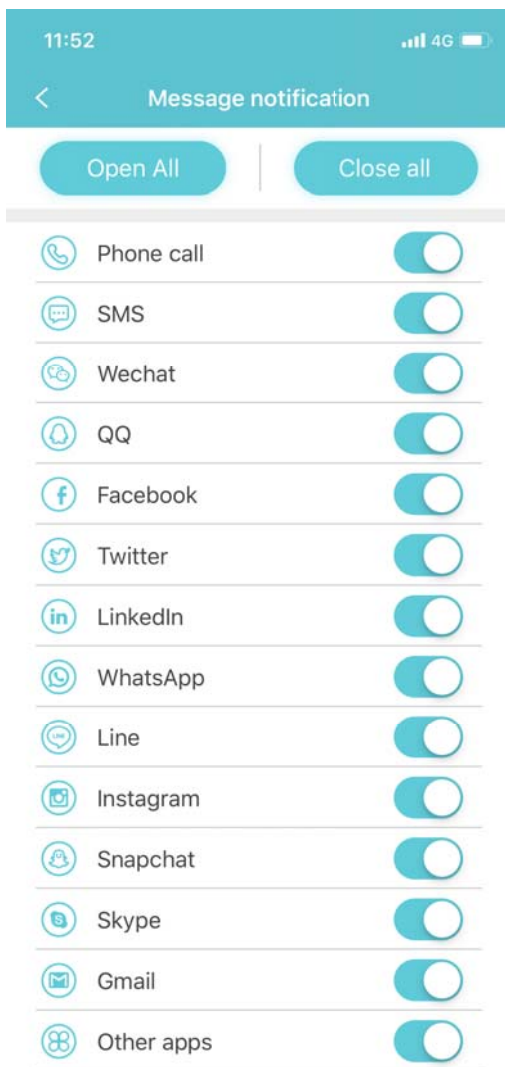
It is important to follow the following setup procedure so that monitoring can receive notifications.

3.3.1.2 alarm setting
3.3.1.3 basic settings

(Manually set start and end and duration)

3.3.1.4 heart rate alarm (Set the upper limit of beats manually)

3.3.1.5 rotate your wrist (Manually set start time and end time, and wrist sensitivity)

3.3.1.6 pair devices (When the "paired device" is turned on, the monitoring data is uploaded to the cloud server in order to connect the smart watch to another cell phone. You can also download new data from the cloud server on a new connected cell phone)

3.3.1.7 blood pressure private mode

3.3.1.8 screen on time (Manually set screen on time)

3.3.1.9 switch settings (Be sure to switch the app from the settings menu and switch the clock)

3.3.1.10 brightness adjustment (「You can set the brightness indicator by turning off auto adjustment)

3.3.1.11 taking photos (Enter it to take a photo by shaking the bracelet

3.3.1.12 clear data: reset

3.3.1.13 cut off

3.3.2 goal setting (Sports goals, sleep)

3.3.3 others (Unit settings: metric and Empire, theme change, about us)

3.3.4 third party platforms (If you want to have a chat on the band, third app to the)

4. Note

4.1 Bluetooth connection:

4.1.1 power the Bluetooth Bracelet before turning on Bluetooth.

4.1.2 Make sure the smart bracelet is not connected to the other phone before connecting. When you are connected

4.1.3 Close the smart bracelet to you

4.2 To ensure the normal behavior of apps in the background, turn on the authentication of your mobile assistant or other similar apps for the dafit app. Otherwise, the message will not be received.

4.3attery charging: power adapter: 5v0.5 to 1a requirements. If you do not use the bracelet for a long period, make full charge every month and turn off after full charge.

4.4 Have a smart band with the same height as your heart to ensure the accuracy of blood pressure data after entering the blood pressure monitor mode, relax yourself and calm yourself. Do not speak when the monitor is running. (this feature is intended to monitor changes in blood pressure before and after exercise. These data are for reference and cannot be used for special medical purposes.)

Exemption matters

Warning: This product is not a medical device. Smart bands and their applications should not be used as a diagnostic, therapeutic, or preventive treatment of disease or disease. Consult a health care professional before changing exercise habits or sleeping habits to avoid severe injuries. The manufacturer reserves the right to continuously update new content without the explanation of the features

described in this user guide and without notice. This user guide is for reference. Smart bands for sale are subject to final products

FCC Warning Statement

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