

# User Manual



Smart Watch

Brand: Blackview

Model: X1

FCC ID:2AVWCX1

Shenzhen Xinhuaaitong Technology Co., Ltd.

**Please read and understand the manual**

# Product Introduction



1. Slide up or down on the dial interface to switch the dial display.

2. Slide left or right on the dial interface sliding operation to switch to the shortcut function display, which has the day's movement data, sleep detection, watch information, function menu, etc.

## Introduction To the Connection between Watch and Mobile Phone

### 1. Download and install APP (H Band)

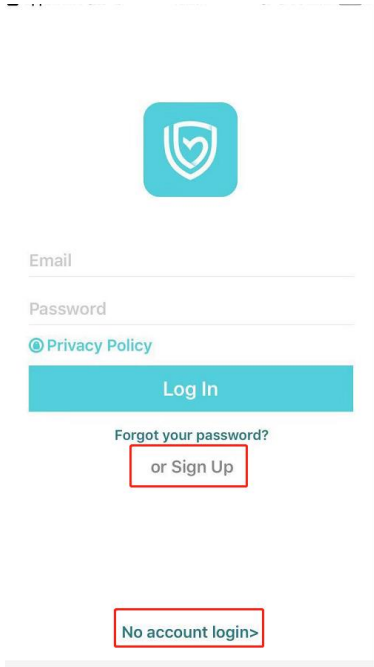
Scan the QR code on the box or the built-in QR code on the watch via the mobile browser program to download. Downloading needs WIFI network or data traffic. Install it after downloading, open the APP after the installation, and give the software corresponding rights which are needed for Bluetooth connection. (Note: H Band supports IOS9.0 or later and Android6.0 or later)



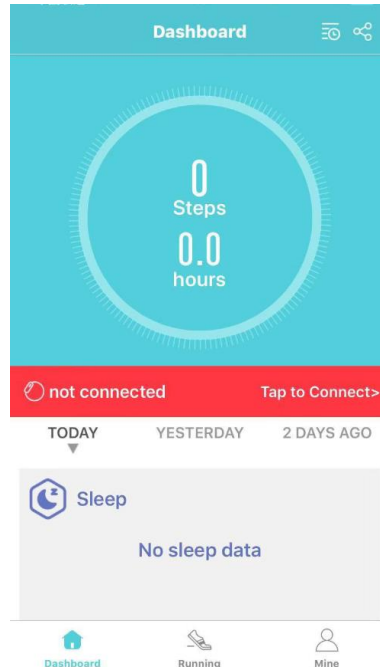
(H Band QR Code)

### 2. The way to connect the watch to the phone (same for iOS and Android)

Turn on the Bluetooth of the mobile phone, and then open the H Band on the mobile phone desktop (see Figure 1). You can choose to log in without an account or register with an account. After the successful login, go to the home page. On the home page, click the red part "not connected" to the Bluetooth search interface (see Figure 2). Select the corresponding device (X1) and click to connect. Wait for a few seconds, it will prompt the watch to make a Bluetooth pairing request with the mobile phone. Please allow Bluetooth pairing. This completes the pairing connection between the mobile phone APP and the watch (Figure 3). Then, it will ask if you want to upload data to the cloud (Figure 4). This operation can be selected by yourself. Clicking NO or YES will enter the connection success interface and synchronize the data once (Figure 5). (Note: The sync data function is automatically uploaded every 30 minutes. If you turn on the automatic heart rate monitoring function, the heart rate is tested once every 10 minutes and then uploaded to the APP.)



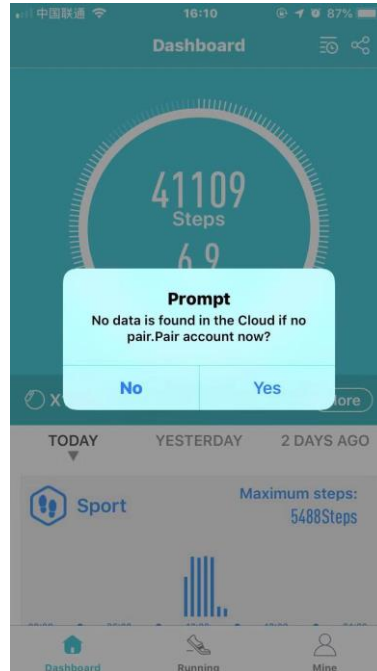
(Figure 1)



(Figure 2)



(Figure 3)



(Figure 4)



(Figure 5)

**Important:**

- If the Apple mobile phone is not used for a long time (2 hours), in standby or hibernation (in a state of blank screen), H Band may be cleaned by the Apple's IOS system. When the connection of the APP and a watch is in the off state, the APP function will not be able to use. Open the APP again, it will automatically reconnect on watch.
- After installing the APP on the android phone, you need to open the background application startup permission in the Settings of the phone, which is different for each phone. Take Huawei mobile phone as an example, the steps are as follows:

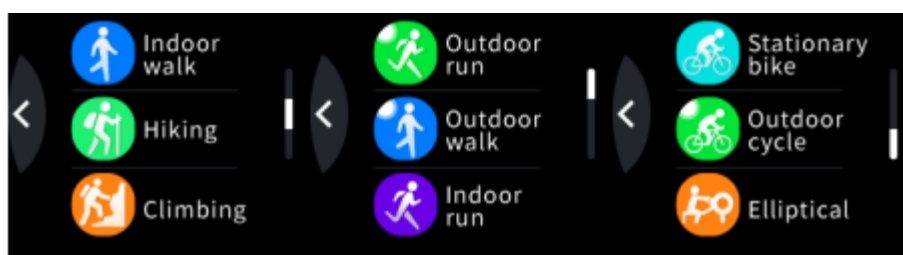
Setting - Application -Application Startup Management-H Band, find the application, change the automatic management to manual management, and open all permissions (allow self-startup, allow associated start, allow background activities). This work is only for the application to keep the Bluetooth connection with the watch without the Android system cleaning up when the phone is in standby (the phone has no bright screen).

# Watch Function Introduction

## 1. Heart Rate

Find the Heart Rate function in the Function Menu interface, click the Heart Rate icon to open and start the heart rate test. The test lasts for 60 seconds and then the screen will automatically turn off after the test. Before the test, please remain sitting still, do not wear the watch too tight or too loose for ensuring data accuracy.

## 2. Multisport



a. Find the Multisport function in the function menu interface, click the multisport icon to enter the sport mode. The watch provides 9 types of sports: outdoor run, outdoor walk, indoor run, indoor walk, hiking, climbing, outdoor cycle, stationary bike, and elliptical. Among them, outdoor run, outdoor walk, indoor run, indoor walk, hiking and above sports modes can record the user's heart rate, calories, steps, mileage, and pace; Climbing, outdoor cycle, indoor cycling, elliptical and other sports' mode can record the user's exercise heart rate and calories; You can swipe up or down to switch data pages and choose to pause and continue.

b. **Auto-exit:** During the exercise, if the amount of exercise is too low for a long time, the watch will automatically judge whether the user is in the current state of motion. If the watch determines that the current condition of motion has not been met, it will automatically quit the motion mode.

c. **Data storage:** The watch only holds the last three sport data.

d. Upload data to H Band: Open H Band and select Multisport. Watch the sports' history in Multisport.

### 3. Message

This function can be set in the APP settings, when set it to "on", mobile phone received the application (calls, text messages, QQ, WeChat, Facebook, twitter, LinkedIn, WhatsApp, Line, Instagram, snapchat, skype, Gmail, other, etc.) when the messages are pushed, the watch shows content (IOS need pairing; Android permission needs opening; equipment can push the normal tips). The watch only can store 3 messages at most.

### 4. Find My Phone

Find out Find My Phone function in the function menu interface, click open the search function to find the phone. If the mobile phone is connecting to the watch, the phone will vibrate and ring. If in the off state, "unconnected Bluetooth" prompt will be displayed. Slide from left to right or press the power button shortly to exit the Find My Phone function.

### 5. Music

Find the Music function in the Function Menu interface, click to open to enter the music control interface. If the mobile phone and watch are connected, click the corresponding play, the previous song, the next song, and pause to control the music playing on the phone player. If in the off state, "unconnected Bluetooth" prompt will be displayed. Swipe from left to right or press the power button shortly to exit the Music function, but the phone will not stop playing music. (Note: There may be compatibility issues due to the large number of playback software and the large number of Android phone manufacturers. Under normal circumstances, you can directly control the phone's music play from the watch. Some music play software needs to be opened before you can control it.)

### 6. Stopwatch

Find the Stopwatch function in the Function Menu interface, click to open the Stopwatch function, click the start button in the lower right corner to start the timer, click the button again to pause the timer, or click the button in the lower left corner to restore the timer. The screen will be turned off after one minute of turning on the stopwatch. By wake screen on wrist raise function or press the power button to wake up, the stopwatch interface will be displayed. The stopwatch cannot be exited during timing. You need to click the Restore button in the lower left corner to restore, then swipe from left to right or short press the power button to exit the Stopwatch function.

## 7. Time Countdown

Find the Time Countdown function in the Function Menu interface, click to open, and you can set the hours, minutes and seconds to count down. After setting the time, click Start to return to the Function Menu. The countdown will continue in the background. When the countdown is completed, there will add the pop-up window and vibrates to remind.

## 8. Settings

Find the Settings function in the function menu interface, click to open the Setting function, you can set the Brightness adjustment and download the APP QR code. Brightness adjustment is divided into 12 levels, which can be adjusted according to their own needs. The higher the brightness is, the greater the power consumption will be. Scan QR code of APP to download H Band.

# Mobile APP function introduction

Notes: The APP sync data function synchronizes the step data and the heart rate data automatically every 30 minutes. If you turn on automatic heart rate monitoring, the test will be performed every 10 minutes and the data will be uploaded to the APP.

## 1、 Message Reminder

Turn on "H Band"-> My-> My device-> Message Reminder, you can freely control the function switch which can push messages to the watch. If the function switch is off, the messages cannot be pushed to the watch; if it is on, the messages are normally pushed to the watch. (Note: If you can't switch normally, please click the help in the upper right corner to troubleshoot)



## **2、 Alarm Clock Setting**

Open "H Band"-> My-> My device-> Alarm Reminder-> click the upper right corner '+', set the time and date of the reminder (if you set a Repeat Alarm, select the Repeat Time)-> click the top right Angle "√". The setup is OK.

## **3、 Sedentariness setting**

Open "H Band" --> My--> My equipment--> Sedentariness reminder--> turn on --> click to enter the setting page (set the start and end time as well as sedentariness judging interval) --> save. The default is 14:00 p.m.-18:00 p.m. and reminding every 60 minutes.

When it is "on", the user can set the sedentariness judging interval and the watch shall start to continuously monitor the user to confirm whether he or she is sitting. In case the user keeps sitting for more than the set time period, the watch will vibrate and display the sedentariness reminder interface.

## **4、 Heart rate alarming**

Open "H Band" --> My--> My equipment--> Heart rate alarming --> turn on --> click to enter the setting page (set the alarming value) --> save. The default is 115bpm. In case the heart rate is detected equal to or higher than the set value, the watch will vibrate to remind the user.

## **5、 Wrist rotating screen on**

Open "H Band" --> My--> My equipment --> Sedentariness reminder--> turn on --> click to enter the setting page (set the start and end time as well as sedentariness judging interval) and wrist sensitivity --> save. The function only works within the set time period and has no effect during other time period, and the default is from 06:00 a.m. to 22:00 p.m .

After unlocking this function, if the user rotates his or her wrist or raise his or her hand, the watch screen shall turn bright. Besides, the screen-on time and sensitivity can be set in APP.

## 6、 Binding equipment

Open "H Band" --> My--> My equipment --> Binding equipment --> turn on.

After unlocking this function, when the watch syncs the data to APP, APP shall save the data locally (if the user logs in without using any account) or upload to cloud (in case the user logs with certain account).

## 7、 Low-power consumption mode

Open "H Band" --> My --> My equipment --> Low-power consumption mode --> turn on

After unlocking this function, both the wrist rotating screen-on time and message notification screen-on time will be shortened and the message notification vibration sense shall be weakened.

## 8、 Switches setting

Open "H Band" --> My --> My equipment --> On-off state setting.

Set the on-off state of wearing checking, heart rate monitoring and connection reminding, etc.

**Wearing checking:** after unlocking this function, the watch shall, before heart rate measurement, check whether the user is wearing the watch correctly. If it is, then the watch will start heart rate measurement or the induction lamp shall flash for a while and then go out automatically with the screen off and the watch in standby mode.

**Heart rate monitoring:** After unlocking this function, the watch shall perform automatic monitoring at regular intervals (every 10 minutes) and record relevant data. In case it is bound to a mobile phone, the data shall be uploaded to APP.

**Connection reminding:** after unlocking this function, when mobile phone disconnects from the watch the watch shall display connection reminding page with vibration, screen off 3S later.

## 9、 Passwords resetting

Open "H Band" --> My --> My equipment --> Reset the device password.

User can set up the connection password as needed, after setting up the connection password, the password is required when connecting the mobile phone to the wristband. The initial passwords is 0000, which can be reset by the user.

If you forgot the password, keep long press for 6s on the standby interface to clear the password, and the user can connect the mobile phone to the wristband without the password.

If you want to reset the password, the old password is: 0000.

## 10、 Firmware update

Open "H Band" --> My --> My equipment --> Firmware update.

In case there's any new edition of the equipment program, connect APP and it shall remind the firmware updating.

## 11、 Clear data

Open "H Band" --> My --> My equipment --> Clear data.

Once this operation is started, the watch shall eliminate all the data and the on-off state of all the functions shall be recovered to default.

The default state of watch functions:

Unit: Metric system

Sport aim (5km/h): 8000

Main interface style: Default

The default switch is on: Wrist rotating scree-on, correct wearing checking and heart rate monitoring

## Precautions

- Only one connection APP is allowed to be installed on the mobile terminal and it should stay in normal connection, or the data cannot be synced. In case there are multiple connection

APPs, they may interact with each other and further affect the connection between watch and mobile phone.

- In case the mobile phone displays access application, please click "Yes" to avoid you failing to receive notification messages due to access limitation.
- 
- Some Android phones may close the mobile APP mistakenly when cleaning up application programs, therefore please always keep the APP running in the background. Setting of running in the background for Android phones: open mobile phone settings -- Application management -- H Band -- Authority management -- Back-stage management -- choose "running in the background". (The setting method may vary with versions and models of mobile phones)
- When conducting heart rate measurement, both the watch and arm should stay moderate, being too tight or loose may lead to inaccurate test result. Being too tight shall affect the flowing of blood and being too loose shall affect the monitoring of heart rate sensor.
- The product should be prevented from colliding with hard objects, or the glass may get broken.
- The charger should be 5V and 1A and fast charge is not supported. No charging in case there's any water (sweat) to avoid short circuit and product damage.
- The product is a kind of electronic monitoring equipment and the data is only for daily reference not used as medical reference.

## **Fault removal method**

### **1. Start failure**

- You may not press the power button for long enough time, please press for no less than 3 seconds.
- Low battery, please connect the charger line.
- In case the watch is left unused for a long time and has no response to ordinary charger, please use the charger with the output power 5V/1A to activate.

### **2. Auto power-off**

- Low battery, please connect the charger.

### **3. Insufficient service time**

- The battery may not be fully charged, please maintain adequate charging time (no less than two hours)
- Please check if the screen-on and screen luminance time last too long.
- Please check if motor mode in on for a long time.

### **4. Bluetooth connection failure**

- Please restart the watch/mobile phone;
- Please turn off mobile phone Bluetooth and then turn on again for reconnection;

### **5. Inaccurate sleeping data**

- Sleeping monitoring is supposed to simulate people's natural falling asleep and getting up, please wear your watch in a normal way. In case you wear your watch only when you fall asleep late or only when you are sleeping, it may cause errors, and if you sleep in daytime, there will be no sleeping data.

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

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

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