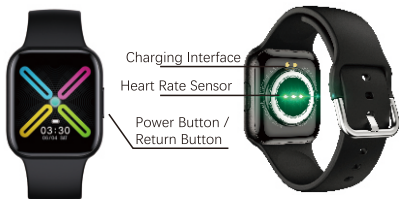


# User Guide



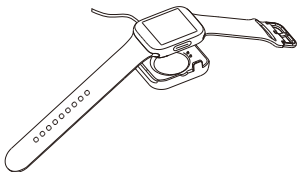
# I Appearance Instruction

## 1. Know Your Device



## 2. Device Charging

While charging the device, please insert the watch into charging base as shown in the figure, and then connect the USB interface with phone charger or computer USB port (over 5V of rated output voltage as well as 500mAh of output current) to charge the watch (the flashing charging icon on the watch indicates the watch is charged).



# II Initial Instructions for Use

## 1. Watch Quick Operation



Finger slides upwards/downwards to switch different main UI styles.



Finger slides to the left to enter the first UI.



Steps/  
Distance/Calorie



Sleep



Power Off/ Version  
Information



Finger slides to the right to enter the function selection UI.

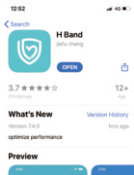


Note: pictures are for reference only, which do not promise anything in any forms, taking practicality as standard.

## 2. Download Software

A: For iOS, search and download "H Band" in APP Store;

B: For Android, search and download "H Band" in Google Play, Myapp, Wandoujia and other application markets.



H Band

## 3. Connect the Device

In the drop-down interface of "Device" from "Settings" of APP, search and connect the device model, and after the successful connection, the device model will appear in "My Device" of APP.

## 4. Precautions for Connection

- 1) Make sure the phone's Bluetooth is open;
- 2) Make sure the device battery is sufficient, and please turn it on or charge it before use;
- 3) During pairing, make sure the device is within 50cm from phone;
- 4) In case that Android phone can not search the device on APP, please check whether "H Band" is permitted to use Bluetooth in the Permission Setting of phone.

## III Main Function Introduction

Notice: in order to make sure the data is effective, please input the real gender, height, weight and skin color in the personal information on APP.



### **Power On/Off**

Power On: in shutdown mode, long press power button for 3s to power on.

Power Off: switch to the power off UI and long press the screen to power off, or in any UIs, long press power button to power off.



### **Sport Monitoring**

Switch to the UI of steps, distance and calorie to view motion data on that day.



### **Sport Mode**

There are 10 sports modes to choose from as shown in figures:



Take outdoor running for example:

After entering the mode of outdoor running, sport timing begins. Slide upwards or downwards to view heart rate, calorie, sport distance, pace and other motion data. Slide upwards or downwards to the UI of pause/finish and then click it to pause or finish the current sport mode.




### **Sleep Monitoring**

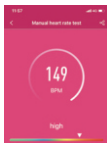
Switch to the sleep monitoring UI to show the total sleep time last night, and it is on standby after 3s of continuous no-operation. ◦



### **Heart Rate Manual Detection and Automatic Monitoring**


After entering the UI of heart rate detection, the device starts to detect, and after detecting the result, it can continuously measure and display the real-time value of heart rate. No matter whether the result is detected, the

screen of device will go out for standby after 60s of accumulative detection. The value of heart rate detected on the device can not be stored. Click  on the UI of data panel on APP to enter the UI of heart rate manual detection, in order to detect heart rate manually.



## **Blood Pressure Manual Detection, Automatic Monitoring and Private Blood Pressure Mode**

Switch to the UI of blood pressure manual detection and the device can start to detect automatically. The time required by detecting the result depends on the physical situation of user. The longer time to detect the result is normal, please wait patiently.

In the course of detection, the value displays --/--, and it will display XXX/XXX in case that blood pressure can not be detected, please check whether the sensor is completely close to the skin or the detection position is correct. During detection, please keep your body relaxed and immobile. No matter whether the result is detected, the screen of device will go out for standby after 70s of accumulative detection at most. The value of heart rate detected on the device can not be stored. Click  on the UI of data panel on APP to



enter the UI of blood pressure manual detection, and select universal mode or private mode to detect blood pressure. The blood pressure detection result operated on APP can be selected to be stored or not. Open the switch of heart rate automatic monitoring on APP, and the device can detect blood pressure automatically every 1 hour for 24 hours. After synchronizing the data concerning blood pressure value detected automatically, test results can be viewed on the detailed UI of blood pressure on APP.

Open the switch of blood pressure private mode on APP, and after dynamic calibration, input the blood pressure value detected by professional medical instruments to obtain the corrected test data (notice: the user with high blood pressure inputs the blood pressure value before eating hypotensive drugs). In order to make sure the test is effective, please guarantee the data inputted is your real blood pressure. Before detect others by means of the device that configures blood pressure private mode, please be sure to close private mode.



### **Phone Finder**

Keeping "H Band" in running in background, click the icon of Phone Finder and then phone responses. Pay attention to keep the phone in ringing mode.

### **Stopwatch**

Click the icon of stopwatch to enter the UI of running seconds for getting ready to start.



Notice: after entering the UI of stopwatch, the device will temporarily shield all of prompts and push functions that are in need of occupying the screen. The most timing value of stopwatch is 99 minutes and 59 seconds.



### **Countdown**

Click the icon of countdown, set up the time and then click Alarm Clock and Event Reminderstart. Since countdown finishes, the device prompts in vibration.



## Alarm Clock and Event Reminder

Multiple alarm clocks and repetition time can be set on the UI of alarm clock settings on APP, and the device will remind accordingly. Moreover, it can exclusively configure event reminders and add tags for important matters that will happen in the future, in order to vibrate and display tags on the screen at a configured time.



UI of Alarm Clock Settings



UI of Alarm Clock Editing



## Message Reminder / Push

In case of new message, the device will remind in vibration and display the content of message in the form of corresponding icon (note: please open the reminder switch on APP or the setting menu of watch).



## Incoming Call Reminder

At the time of incoming call, the device will remind in the continuous vibration, and you can choose to reject or mute.




## Sedentary Reminder

This function needs to be opened and configured on APP, and the device will remind the wearer to move around in vibration in case of detecting the continuous time of sedentary or relatively stationary reaching the set value.





### **Heart Rate Alarm**

Open the switch of heart rate alarm on APP and set up the upper limit of heart rate. When the device detects that heart rate is equal to or higher than the set value, it will prompt in vibration and display  on screen.



### **Remote Photograph**

Enter the UI of photograph on APP, and shake the wrist quickly to take a photo by means of remote control.



### **Music Control**

Control phone music playing by means of the device.

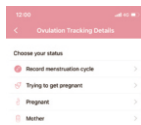
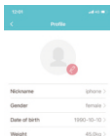


### **Physiological Period Prompt**

This function can push warm prompts timely according to the user's status information in different physiological periods.

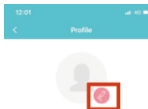
## **① How to open physiological period prompt function?**

Register an account on APP and configure the gender in personal information. In case of female, the system will prompt to configure female physiological period functions (if not require the function, please click "ignore" ). According to your own real status, enter the setting UI to configure and store four different female physiological status information, including "only menstruation period" , "pregnancy preparation period" , "pregnancy period" and "baby's mom period" .



## **② How to modify the current physiological status?**

Click the female module on the UI of control panel on APP to modify settings.



### ③ How to change different physiological status?

Click the icon  of current physiological status in the right lower corner of user's icon on the UI of personal data on APP to modify settings.

## IV Precautions

1. Do not charge in case of water stain;
2. Do not use it in immersion, swimming, underwater diving, diving and hot shower;
3. This is an electronic monitoring product, which does not serve as medical reference, and the data is only for reference;
4. How to measure blood pressure: please keep the body relaxed and immobile and make sure the watch is at the same height with the heart as shown in the right figure. Do not talk when measuring.



## V FAQ

### Q: Why heart rate (sleep) detection is not accurate?

A: First of all, the wristband device monitors human activities by means of electronic sensors which belongs to a consumer product. So it is normal to emerge some errors, please treat the data objectively.

### Q: Where to configure APP limits of authority?

A: Android phone - setting - limits of authority management - find "H Band" application - trust the software.

1. If security management or clean speed-up applications are installed on the phone, please configure "H Band" in white list (trust list).
2. In the limits of authority management program, please configure "H Band" as a trust application, and incoming call display and other functions require to acquire limits of authority to realize the function.

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

FCC RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction