GE-W70

SMART WATCH USER MANUAL

I. Product introduction

This unit is a full touch smart watch which integrate heart rate, blood pressure, sport data collection and sleep monitor functions.

User can monitor the body health, adjust the work and rest habit, culture healthy life style by wearing this smart watch.

After connected with the APP in mobile device, you can set your personal information, synchronize sport data. This watch with calling alert, Alarm, message push function etc.

It is a stylish smart watch with small size and strong functions.

II. How to use it

1. Operation instruction

(1) Turn on: Press the button keyfor 3 seconds, the watch will vibrate and turn on 1s later. as shown in Figure 2-1-1:

(2) Operation：

    a. Slide up to down in main interface will switch the interface style.

    b. Slide to left orto right to switch between various function interfaces, and multi-page switching in the sub-interface

    c. Single touch to enter into each sub-menu interface under the function interface. For Details, please refer to the descriptions of each function.

    d. Press the button key will back to main interface.

(3) Bright screen: when the watch is in screen protect state, the screen will be bright by pressure the button key. If the "turn the wrist" function was turned on already in the APP, turn the wrist will brighten the screen also. main interface will display when screen is bright.

(4) Turn off: in turn on state, enter the turn off interface, touch and hold the turn off icon for 3 seconds, then smart watch will turn off after 1s vibration.

(2-1-1)

2. Connect Bluetooth/ Disconnect Bluetooth

Bluetooth connection: Search "H Band" in application market (Android) or App store (IOS), download and install--> turn on Bluetooth on mobile phone--> open "H Band" App --> connect device (W70).

By operating as the above steps, you can connect your watch to your mobile app and set up your watch in the app.

Disconnect bluetooth:

Method 1: Open "H band"-->My device-->Disconnect (if the iOS system needs to ignore the device in the Bluetooth settings of the phone to disconnect)

Method 2: turn off the Bluetooth on your mobile phone

3. Low battery, charge

Low battery: a. Low battery alert: When the watch is in low power state, single touch the screen and a low power icon will appear.as shown in Figure 2-3-1,

The main interface is displayed after 1s, and the battery icon of the main interface will flash. Enter in screen protect state if no operation in 3s.

Turn off: because of low battery,The watch will be automatically turned off when the battery is exhausted. touch and hold for 3s, will display the low battery icon, but the watch cannot be turned on.

Charge:

When the watch is turned off, it will automatically turned on and display the charging animation. As shown in figure 2-3-2.

8s later, in protect screen state.Press the button key can display the main interface during charging, but other functions can't be operated. In screen protect interface if no operation in 3S,   will display the charging animation again.

It'll display charging rate state, there are 4 states as below 2-3-2

(2-3-1)

(2-3-2)

4. **Reset password**

User can set up the passwordaccording to personal need. If had set the password before, need to input the password when connect the watch to mobile phone. Initial

password is 0000. user can reset it by below steps:

Method: open "H Band"-->Connect device-->My device-->Reset password-->enter old&new password-->Reset password.

If forget the password, touch the watch screen and hold for 6S will clear the password, users can connect the watch to mobile phone without password. When select "Reset password", old password is still : 0000

5. Firmware upgrade

When the watch device program has a new version update, connect the APP and the firmware update will be reminded.

6. Clear data

The user can clear the watch data and restore the factory settings of the watch by opening "H Band"-->Connect Device-->My Device-->Clear Data. After the operation, the watch will clear all data and set all function switches to default value

III. Functions and operation

1. Common functions

1. 1   Sport mode

(1). Function description:

a. Sport mode: In sports mode, the watch can record the time, heart rate, calories, and number of steps in the exercise. You can choose to pause and continue during exercising.

b. Exit automatically:

During the exercising, the watch automatically determine whether the user is currently in motion. If the watch determine that the current exit condition is reached, the watch will automatically exit the sport mode.

c. Lock/Unlock: User can lock the sport interface to prevent accidental touch

d.Data storage: the watch only save the latest 3 times sport data

(2) Operation Instruction：

Data display: slide to the sport mode interface in the watch function interface, like picture 3-1-1, single touch "sport" enter the sport data display interface, as shown in Figure 3-1-2. At this time, the exercise time, heart rate, calories, and steps are displayed.

Operation: Right-slide on the data display interface to enter the operation option interface, as shown in Figure 3-1-3, among the four icons.

a. The top left is the status display icon, showing the current motion mode status (paused, in motion);

b. The upper right is the lock icon, and single touch to lock screen then display the data display interface, as shown in Figure 3-1-2. There is a lock icon on the top right corner of the interface. The interface is not operational at this time. If you need to

unlock, press the button key with 3S, you can unlock it. After unlocking, the data display interface is displayed.

　　c. The bottom right is the motion pause/resume icon, and single touch can pause or resume.

d. The bottom left is the motion exit icon, single touch it to exit the current mode and back to sport interface. As shown in Figure 3-1-1.

(3-1-1)　　　(3-1-2)　　　(3-1-3)

1.2Pedometer

(1)Display the current number of steps, distance, calories burned, as shown in Figure 3-1-5, and enter screen protect stateif no operation in3S

　(2) Operation instructions: slide to left in the main interface to enter the pedometer interface, it'll display the current number of steps, distance, and calories burned, as shown in Figure 3-1-5. if no operation in 5S, it will automatically enter screen protect state.

(3-1-5)

1.3 Blood Pressure

(1)Function introduction

a.Blood pressure measurement: The watch will measure the user's blood pressure under this interface.

b.Automatic blood pressure monitoring: This function can be switched on in the APP. When the function is turned on, the watch will automatically monitor (10 minutes) and record blood pressure data. If the phone is bound, the data will be uploaded to the APP.

c.Blood pressure private mode: This function switch can be set in the APP. When the function is turned on, blood pressure can be measured and calibrated by the daily blood pressure value input by the user, so as to obtain a more accurate blood pressure value during blood pressure measurement.

(2)Operation instruction：

a.Blood pressure measurement: switch to the blood pressure interface under the main interface, as shown in Figure 3-1-6. Once you enter the blood pressure interface, the blood pressure measurement begins. During the measurement

(lasting 25S), the value area shows ---/---, after 25S. If the blood pressure data cannot be measured, the number is displayed as ×××/×××. If the blood pressure data is measured, it is displayed as shown in Figure 3-1-6.

b.On/Off automatic monitoring: Operation steps: "Open Hband"-->Settings-->My device-->Switch setting-->BP Automatic blood pressure monitoring

c.On/off private mode: Open "H band"-->Setting-->My device-->BP private mode. When the private mode is turned on, there will be a "P" mark in the blood pressure measurement interface.as shown in Figure3-1-7

(3-1-6)   (3-1-7)

1.4Heart rate

(1)Function introduction：

a.Heart rate measurement: The watch will measure the user's heart rate under the heart rate measurement interface. After the test is completed, the result will be displayed. If no operation in 60S, the screen will automatically enter into screen protect state and standby.

b.Automatic heart rate monitoring: This function switch can be set in the APP. When the function is turned on, the watch will automatically monitor (at 30 minutes) and record the heart rate data. If you bind the phone, it will upload the data to the APP.

c. Heart rate alarm：When the heart rate automatic monitoring is on, you can set the "Heart rate alarm" on the APP and set the heart rate upper limit. When the user's heart rate reaches the upper limit, the watch will vibrate and display the heart rate alarm interface.

as shown in Figure3-1-8

(2) Operation instruction

a.　Heart rate measurement: Start the test immediately after sliding to the heart rate interface in the main interface, as shown in Figure 3-1-9. After the test is completed, the result will be displayed. If the heart rate cannot be measured, it will be displayed always---, the screen will be automatically light off after 60S and Standby.

b.　ON/Off　automatic monitoring: Open "H band"-->Setting-->My device-->Switch setting-->HR Automatic blood pressure monitoring

c.　Heart rate alarm: Open "H band"-->Setting-->My device-->Heart rate alarm-->click "Heart rate alarm"-->Set upper limit of heart rate-->Save

(3-1-8)

(3-1-9)

1.5Sleep monitoring

(1) Function introduction: The watch will display the user's sleep time of the last

night.

(2) Operation instruction:

Slide to the sleep interface, as shown in Figure 3-1-1. After no operation in 3S will

automatically enter in screen protect state and standby.

as shown in Figure3-1-10，

(3-1-10)

1.6FIND PHONE

(1) Function introduction: This function switch can be set in the APP. When the status

is "On", it will enter the search mobile phone interface. If the mobile phone and the

watch are connected, the mobile phone will vibrate and ring by single touch the "Find Phone" interface.

(2) Operation instruction：

On/Off: Open "H Band"-->Setting-->My device-->Findphone ON/off, then the user can turn on or turn off the "find phone" function.

FindPhone: Slide to "findphone" interface, as shown in Figure 3-1-11, single touch "Findphone" start to find the combined mobile phone.，the interface is as shown in Figure3-1-12

Exit: when find phone, single touch the "FINDPHONE" again will end the function. It will automatically exit this function after finding the phone for one minute.

(3-1-11)   (3-1-12)

1.7 Stop watch

(1) Function introduction: this function can be set in APP, when the state is "ON", the user can use this function on Watch.

(2) Operation instruction：

ON/Off: Open "H band" -->Setting-->My device-->Stop watch on/off, then the stop

watch function is switched on/off.

How to Operate: Slide to Stop watch interface, as shown in figure 3-1-13. single touch the bottom right green icon to start timing, the icon turns red, as shown in Figure 3-1-14, single touch red icon to pause during the timing, reset by single touch the bottom left gray icon. After resetting, slide left or right to exit the stopwatch interface. After the stopwatch is turned on for one minute, the screen will be automatically turned off, and touch the device or turning the wrist to bright screen, then will display the stopwatch interface. After 3S, the main interface will be displayed, and after 1S, the screen will be off.

(3-1-13)   (3-1-14)

1.8 Count down

(1)Function introduction：The countdown function allows the user to set a fixed time to count down. When the time is up, the watch will appear animation and vibrate.

　　(2)Operation instruction：

This feature has two use forms.

a. Single time count down: Open "H band" -->Setting-->My device-->Count down-->Start Count Down-Setting single time-->confirm. At this time, thescreen bright and start to enter the countdown, and after 3S, the screen is off. During the time period, the countdown UI is in the rotating state (click "reset"and slide to left or right can exit the countdown function). when the countdown is end the watch vibrating and accompanying the reminder animation, lasting 3S.

b.Usual count down: Open "H band" -->Setting-->My device-->Count down-->turn on "interface display"-Setting usual time-->confirm

Slide to "Count down" interface.Single touch start button to startcounting down, and after 3S, the screen is dark off. During the time counting, the countdown interface is displayed,and the countdown UI is in the rotating state click "reset"and slide to left or right can exit the countdown function), when the countdown is end the watch vibrating and accompanying the reminder animation, lasting 3S.

(3-1-14)

2. Reminder

2.1 Alarm

(1))Function introduction：Users can set alarm in the app. You can set a single alarm or repeat alarm. In addition, can also set the label icon. There are 20 sets of label icons

for the user to select. A single alarm can be deleted. Repeat alarm can be switched

on/off or delete.

(2)Operation instruction：Open "H band" -->Setting-->My device-->Alarm

setting-->click on the top right "+" -->setting time and remind date(if set repeat alarm,

please select repeat date needed)-->select the alarm clock label-->click"√"which on

the top right corner. When the alarm is set, the watch will vibrate and the alarm label

will appear when the set time is reached. As shown in figure 3-2-1.

After shaking for 10 times, the screen is off. (If the setting time between the single

alarm and repeat alarm conflicts, the device will display the single alarm priority

(3-2-1)

2.2 Reject call, answercall , mute

(1)Function introduction：This function can be Switched on in the APP. If switch to

"On",the watch is vibrating when there is incoming call (For IOS system, need to pair

the mobile phone Bluetooth first), and displaying the calling icon and the caller

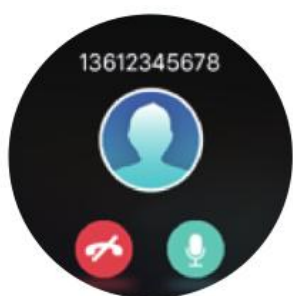number (if the mobile phone address book records the number, the caller name is

displayed). As shown in Figure 2-2-2, until the user answers or hangs up. The incoming calling can be muted or rejected by the operation of the watch. After the operation is successful, the watch is standby,enter the screen protect state.

(2)Operation instruction：

Call reminder setting: Open "H band"--> "Setting" --> "message notification-->phone call

Mute: When there is mobile phone call incoming, the watch vibrate and display the interface. At this time, single touch the microphone icon at the bottom right can silence the call and the watch stop vibrating.

Reject:The watch vibrate When there is mobile phone call incoming, single touch the red icon at the bottom left reject the call. the interface display that the call has been hung up, 1S later the screen turn off..
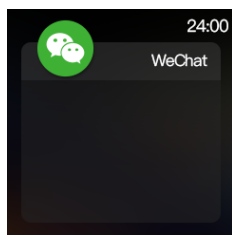

(3-2-2)

2.3 SMS/applications reminer

(1)Function introduction：This function can be Switched on in the APP. ifswitch to "On", when the mobile phone receives SMS or mobile application (WeChat, QQ, etc.) message push, the watch display the push contents (need to be paired first for IOS, permission need to be turned on for Android) As shown in Figure 2-2-3.

(2)Operation instruction：

Message notification ON/Off Open "H Band"-->Setting-->

Message notification--> swtich "On' for notifications needed.

Browse message: Taking SMS as an example, when the mobile phone receive the

SMS push, the watch will vibrate and display the push contents. Single touch/left slide,

or slide up can all turn the page (automatically turn off the screen after no operation in

3S), when the contents is displayed,Single touch the screen then the screen turn off.

(3-2-3)

2.4   Sedentary setting

 (1)Function introduction：This function can be Switched on in the APP. When the

state is "ON", the user can set the sedentary time. At this time, the watch starts to

continuously monitor whether the user is in the sitting state. If the user is in the state

for more than the set time, the watch vibrate and display the sedentary reminder

interface. As shown in Figure 2-2-4.

 (2)Operation instruction：Open"H Band"-->Setting -->My device -->Sedentary

setting "On"->click to set the start time, stop time and reminder interval->Save.

If the user is in this state for more than the set time, the watch vibrate to alert and

display the animation

(3-2-4)

2.5 Bluetooth disconnect reminder

(1)Function introduction：This function can be Switched on in the APP, After turn on this function, when the mobile phone disconnect with the smart watch, the disconnection UI will be displayed on watch and the watch vibrate 1S. the screen will turn off after display the UI for 3S. As shown in figure 3-2-5。

(3-2-5)

2.6 Sport goal

(1)Function introduction：The user can set the step goal.

When the user reach the step goal, the watch will vibrate and display the sport

goalanimation, as shown in Figure 3-2-6.

(3) Operation instruction：Open"H Band"-->Setting -->Sport goal-->setting

steps-->Save。

(3-2-6)

3. Other functions

3.1 Wear detection

(1)Function introduction：This function can beswitched on in the APP.After switch on this function, the watch will perform the wear detection before the heart rate (blood pressure) measurement to determine whether the user is currently wearing the watch correctly. If the watch is worn correctly, the heart rate (blood pressure) measurement will be started. If the wear detection does not pass, the sensor light will flash for a while and Auto-extinguished, turn offscreen and standby).

(2)Operation instruction: Open "H Band"-->Setting-->My device-->Switch setting-->Wear detection on/off

3.2 Device connection

(1)Function introduction：This function can beswitched on in the APP.

After connect the mobile to smart watch,when the data of watch was synchronized with APP, if the user log without account, all data will be saved in local and will not be cleared. If the user log with account, App will upload all data to the Clouds.

(2)Operation instruction ： Open "H Band"-->Setting-->My device-->Device connection。

3.3 Take photo

(1)Function introduction：

After entering the take photo interface in the app, you can take a photo through the watch. Note that The APP cannot take pictures when the watch is measuring heart rate and blood pressure.

(2)Operation instruction：Open"H Band"-->Setting-> My device --> Take photo，then enter the photo taking UI, as shown in figure 3-3-1. then click the white icon in the watch screen or shake the watch will take photo. Touch the white icon and hold it exit the take photo function.

(3-3-1)

3.5 Turn the wrist

 (1) Function introduction：This function can beswitched on in the APP.

After switch on this function, when the user wrist or raise hand, the watch screen is bright. In addition, the start time, stop time and sensitivity can be set in APP.

(2) Operation instruction：

a. Switch on: Open "H Band"-->Setting--> My device -->Switch on "turn the wrist"

b. Parameter setting: Open "H Band"-->Setting--> My device -->Switch on "turn the

wrist"-->Set the start time, stop time, Sensitivity.

4. Default state of each function

Below are the default states of the watch function when the watch is shipped from the factory or after the user restore the factory setting.

Unit：Metric

Sport goal：8000

Interface style: default

Default ON: turn the wrist, wear detection, heart rate automatic monitoring

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.

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.

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.