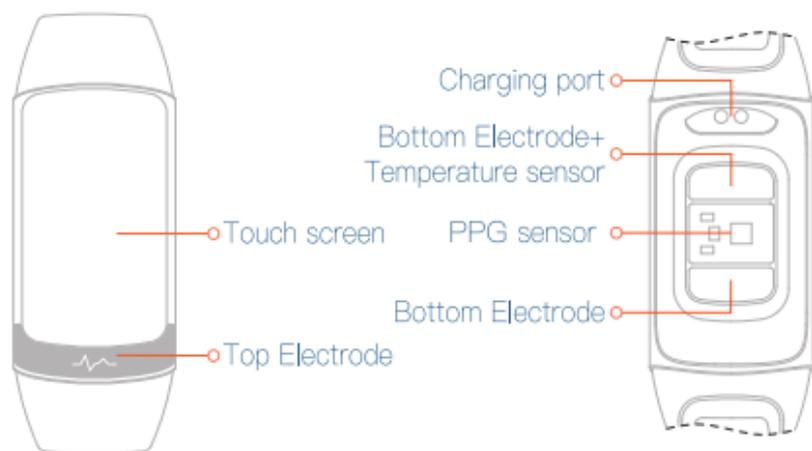


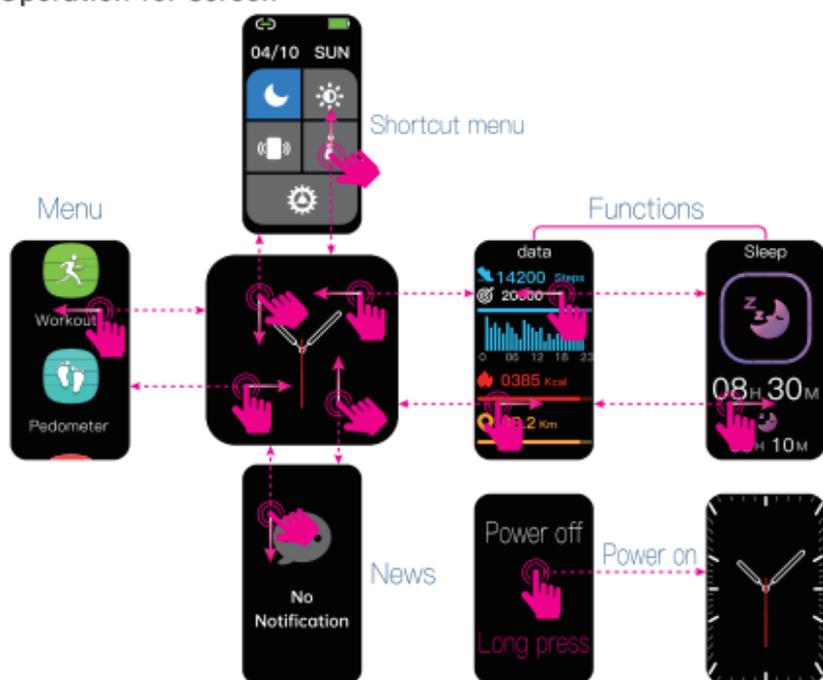


User manual  
用户手册

## 1.Appearance introduction



## 2.Operation for screen



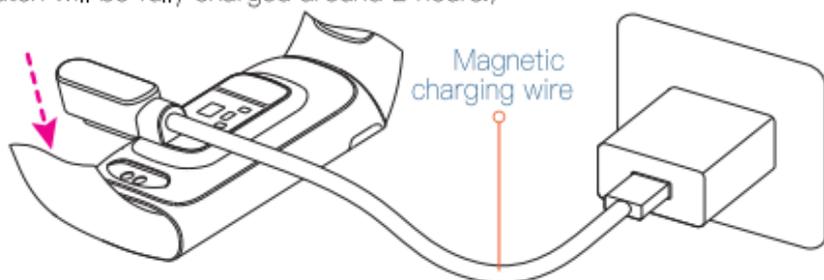
## 3.Install APP

Scan the QR code on the right or enter the APP market to download and install "H Band".  
(compatible system: Android 5.0/IOS 9.0 and above; Bluetooth 5.1)



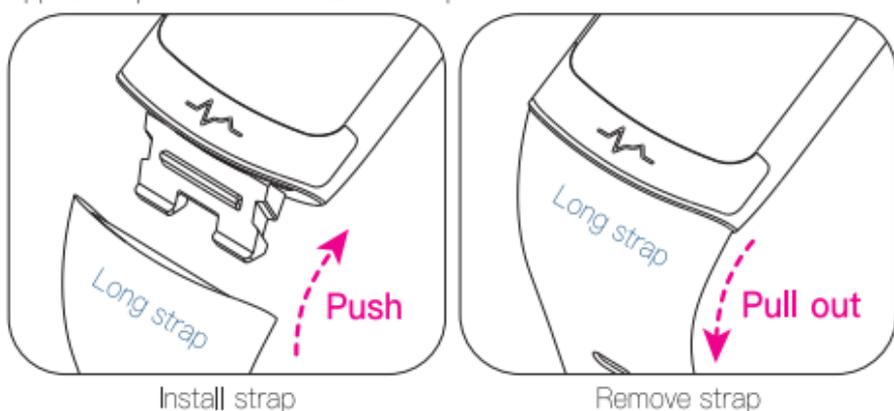
#### 4.Charging/activation

Please charge and activate the watch for the first-time use. Connect the watch and magnetic charging wire according to the following figure, and connect the USB end of the charging wire to the power supply. (The watch will be fully charged around 2 hours.)



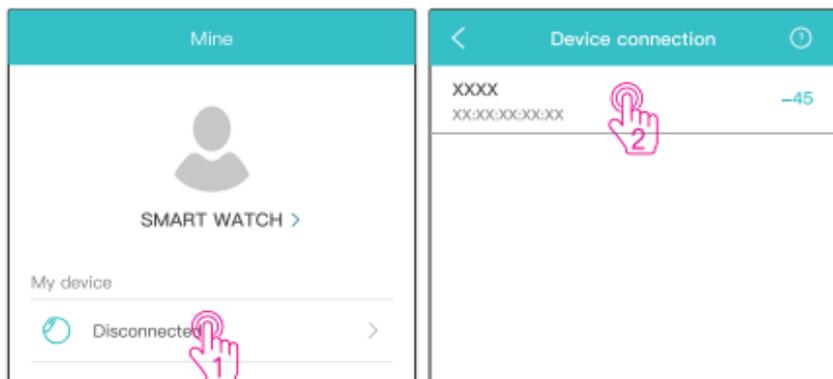
#### 5.Changing the strap

Please remove the strap according to the following figure; use the opposite operation to install the strap.



#### 6.Connect the watch

Open APP and click mine >disconnected, Click "device name". (Please make sure that the phone has turned on Bluetooth)



#### 7.Data storage

3-day health and exercise data could be stored in the watch. Log in to the APP with an account and synchronize the data, then the data could be stored on the ECS for 1 year.

## 8.Motion monitoring

If a watch is worn normally, it will automatically monitor your steps, distance, and calorie data. (the watch will clear data of the last day at 0:00 every day.)

You can view the movement data a day at the home page of the APP; click the sport module to view the detailed data and historical data.



## 9.Sleep monitoring

The watch will automatically monitor your sleep and analyze waking time, deep sleep, light sleep; Opening a scientific sleep function in the APP will improve the sleep monitoring accuracy of the watch.

You can view the sleep data a day at the home page of the sleep module; click the sleep module to view the data analysis and historical data.



**! Opening the scientific sleep function will increase power consumption and reduce battery life.**

## 10.Measurement of health data

- The watch could measure relative health data after being changed to the following function interface.
- Keep the automatic measurement function "on" for the following functions in the APP, then the watch will automatically measure relative health data periodically and continuously. (It will reduce the endurance of the watch if the automatic measurement works.)



Heart rate



Blood oxygen



Blood pressure



Body temperature

The current health data could be viewed on the APP home page. Click the corresponding module to check the data details and historical data.

## 11. ECG Measurement

- Start ECG measurement at the app, and you can view the ECG dynamic graphics report on the APP interface. (Before measurement, please make sure that your left arm and right finger have fully contact the watch electrode).

Click the ECG module on the APP homepage to view ECG historical data.



- Switch the watch to the ECG function interface and click the screen to start ECG measurement. (ECG measurement at the watch, the graphics report will not be obtained, and the data cannot be uploaded to the APP)

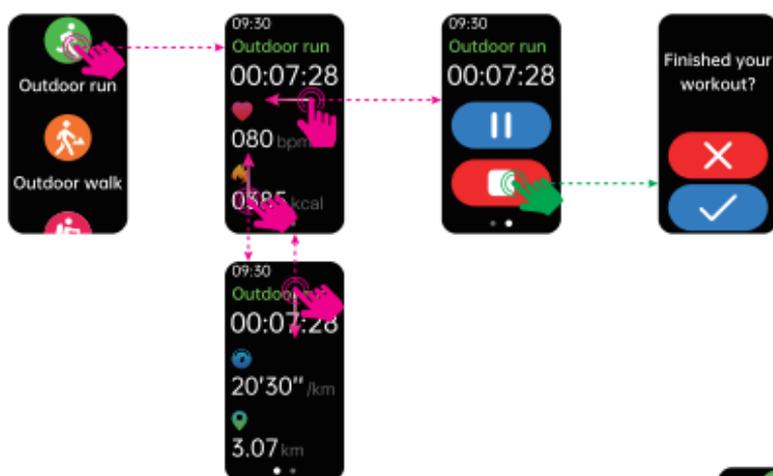


## 12.HRV

Click the HRV module on the APP homepage to view the heart health index, Lorenz scatter Diagram, HRV data and historical records. (Please open the scientific sleep function at the app and make sure that wearing a watch for more than 4 hours at night at 0: 00 ~ 7:00, otherwise the HRV analysis report cannot be obtained.)

## 13.Sports mode

The watch supports 20 kinds of workouts. You can view the movement details and historical data through the APP movement module at the end of the training.



## 14.Message reminder

Keep the watch connected with the mobile phone, and turn on the message reminder function in the APP. When the mobile phone receives messages, the watch will vibrate to remind you and display the message content.



## 15.Call reminder

Keep the watch connected with the mobile phone, and the APP has been turned on the call reminder function. When somebody is calling you, the watch will vibrate and display the calling number. Click the Screen button to control the phone to reject incoming calls.



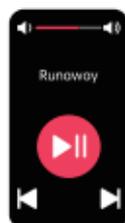
## 16.Remote-control photography

If APP enters the camera function, shakes the watch to control the mobile phone to take photos, and the photos are saved in the mobile phone album.



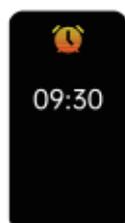
## 17.Music control

Keep the watch connected with the mobile phone, switch to the music control function, and click the Screen button to control the music playing, pause, previous and next of the phone.



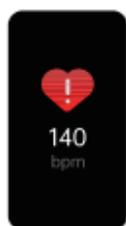
## 18.Alarm clock

Set the alarm time and repetition period on APP, and the watch will vibrate regularly. (APP supports 20-times alarm clocks setting )



## 19.Reminder

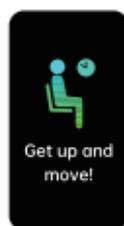
When the reminder function meets the set conditions or the watch power is less than 10%, it will vibrate and display the following interface.



Heart rate alarm



Goal reminder



Sedentary reminder



Low battery reminder

## 20.Menstrual Cycle

Female users are allowed to set the menstrual cycle info in the APP. The watch will calculate and display the menstrual status of the current day if the reminder function works. Such a function is not allowed if the APP personal info is set to be "male".



## 21.Weather

If the cellular network is on of the mobile phone with the watch connected normally, the watch will display the weather info of the current day.



## 22.Change the dial

1. Long press the main screen in the dial interface to change the watch face.

2. Go to App > Device > Dash Board; in the dash board you can choose and download the dial in the Dial center to the watch, or upload photos on your mobile phone to the dial interface.



## 23.Screen lights up

Turn on the function 'Light up' on APP. When wearing a watch, turn the wrist inward or raise your hand; the watch screen will light up automatically.

## 24.No Disturbance mode

Click the icon in the watch's shortcut menu to turn on the no disturbance mode. The watch will turn off the vibration reminder function.



## 25.Convenient function

The watch provides the following convenient functions:



Stopwatch



Timer



Find phone

## 26.Cleaning and maintenance

- Don't wear it too loose or tight, and make sure the watch doesn't slide on the wrist. Long-time friction and pressure may cause skin uncomfortable, then please take off your watch and relax your wrist.
- The watch does not support snorkeling, hot shower, sauna, diving, high-speed water flow, or deep-water activities.
- Avoid the watch from being hit seriously or falling to the ground, and avoid the collision caused by sharp objects.
- Please keep watch and skin clean and dry. Try to avoid contact with sweat, soap, sunscreen, and other liquids.
- Do not constantly expose the watch to the sun or receive external heating such as a hairdryer.

CPU	GR5515	Memory configuration	64M
Display screen	1.47" IPS Color screen	Sensor	Acceleration sensor + PPG heart rate sensor
Battery	180mAh Polymer battery	Charging interface	2PIN interface
Charging time	≤2 hours	Charging input specification	5V  1A
Endurance time	3-5days	Physical keys	/
Bluetooth version	BLE 5.1	Compatible system	Android 5.0 and above; IOS 9.0 and above
Product weight	28g(Contains strap)	Watch head size	45.9*24.5*10.7mm
Waterproof grade	3ATM	Accessories	Watch,Strap, magnetic charging wire, manual
Watch case material	Fiber reinforced plastics	Strap Size	18mm



扫描二维码下载H Band APP.

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