

ZURURU®

Y39



ZURURU.COM

More detailed instructions for use
(tips & video guides) can be found on our website

SIZE



SETTING

① INSTALL THE H BAND APP



H BAND



iOS 8.0 version
or above



Andriod 4.4 system
or above



Support Bluetooth
4.2

Download "**H Band**" from APP store or Google Play and install to your smartphone. H Band is compatible with smartphone only and requires iOS 8.0 or above, Android 4.4 or above system to run smoothly.

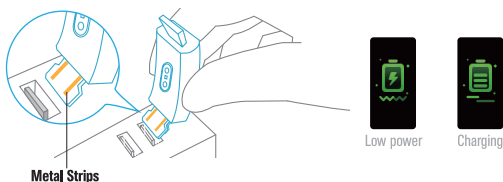
* Date and Time are set automatically when you pair your tracker successfully.

② REMOVE THE STRAP

Remove the strap (**the Control Button Side**) in approx.45-degree angle (**DON'T Pull Horizontally**) from the tracker's body to expose the golden metal charging strips.

③ CHARGE THE TRACKER

The **GOLDEN** metal charging strips on the tracker's built-in plug should face the contact strips inside the USB socket, a charging icon will appear on screen for a few seconds once plugged into a USB socket, if not, **FLIP** and plug it again.



It takes around 1 hour to fully charge the tracker. A full charge will give working time for 5-7 days under normal condition.

No specific charger or messy cable is required. You can charge the fitness tracker with either:

- Any phone or tablet power adapter
- USB port on PC or power bank
- Wall charger or power strip with USB port

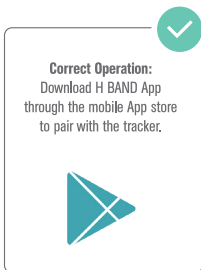
④ PAIR THE TRACKER

- ① Enable Bluetooth on your smartphone.
- ② Open H Band App, at the first launch after installation, it will show an app permission request, please allow ALL the permissions.
- ③ Sign up and login to the app, enter your personal information and settings.
- ④ Tap scanning equipment, select your **Y39** to connect.

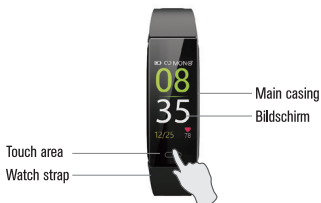
Warm tips:

- ① If H Band app can't find your Y39 during device connection, reconnect Bluetooth and scan equipment again. (The Bluetooth address can be obtained by long press the control button at the home screen on your fitness tracker)
- ② One fitness tracker can be connected with a smartphone only at a time, make sure your fitness tracker is under unbind status before pairing and it is not being connected with other Bluetooth devices.
- ③ A sign will display on your fitness tracker after successful pairing: ↔

Please visit **[Y39.ZURURU.COM](https://www.y39.zururu.com)** for video guides.



APPEARANCE



Tapping

Tapping the control button (Touch area) at the bottom of the screen will scroll through the different functions available.

Press and hold

Pressing and holding down the control button will activate a function or open a sub-menu.

FUNCTIONS

01. Pages

Note: Pages of Find Phone and Stopwatch are not displayed by default. To enable these pages on your tracker, please set it in app:

Mine > Y39 > Switch setting.

02. Power on/off

- Power on:

Long press the control button at the bottom of screen, the main page will be shown. Long press again, Bluetooth address and software version information can be obtained.

- Power off:

Switch to the Shutdown page and long press the control button to turn it off.

03. Motion mode

Scroll to Motion Mode interface and long press the control button to enter, press the control button to switch between 11 sports including Outdoor Run, Outdoor Walk, Indoor Run, Indoor Walk, Hiking, Stair Stepper, Outdoor Cycle, Stationary Bike, Elliptical, Rowing Machine and Swim, long press to select and start tracking the real-time heart rate, calories burnt, steps, distance and pace within a specific time period.

Scroll to Pause page and long press the control button to pause it, long press again to continue. Scroll to Exit page and long press to exit motion mode.

04. About heart rate

- To view your heart rate, switch to the Heart Rate page. Wait a few seconds for your heart rate reading to appear. The beats per minute (BPM) figure will then update every 0.5 seconds. It may take 10-15 seconds for the readings to stabilize.
- It should be noted that automatic heart rate monitoring happens throughout the day by default. If desired, this option can be switched from automatic to manual-only readings from within the H Band app. This can also help to extend the amount of time between charging.
- To switch heart rate detection to manual, please set in the app:
Mine > Y39 > Switch setting > HR automatic monitoring - turn off.
- To get the readings of Heart Rate hourly in the app, you need enable the HR Automatic Monitoring (**Y39 > Switch setting > HR Automatic Monitoring**), your heart rate will be recorded on the dashboard.

Warm Tips:

- Make sure the heart rate sensor is always in direct contact with your skin of wrist, your tracker should lay flat about one finger's width away from your wrist bone.
- You can also monitor your heart rate for specific activities and duration using the motion mode.

05. Sleep monitoring

Your tracker will automatically track how long and how well you sleep, your sleep duration should not be less than 4 hrs for analysis. Stats of sleep quality can be viewed in the app after you leave your bed and walk for 10-30 minutes. Please search “sleep” at “y39.zururu.com” to learn how to track your sleep with your fitness tracker.

06. Steps, distance & calories

Your tracker tracks daily activities including the number of steps, distance and calories burned (Deviation may vary use) you were active throughout the day. Your stats can be checked on your tracker at anytime, or by using the app for a more detailed view after synchronization.

07. Message & phone call notification

Open the **App > Mine > Y39 > Notifications**. You have option to turn on or turn off different types of messages. Make sure you have enabled H Band app permissions (allow access to phone calls & messages) on your smartphone (**App > Mine > Permission management**) and keep the app running in the background of your smartphone.

When Phone call alert is enabled and there is an incoming call, the tracker will vibrate, you can reject an incoming call by long press the control button.

08. Countdown timer

Enable the countdown timer in the App and set the usual time, after pressing start countdown, long press the control button on the countdown page of tracker to start.

09. Find phone

Enable the Find phone in the app and keep H Band app working in the background of your smartphone. Long press the control button on the Find Phone page can ring and find your smartphone.

10. Stopwatch feature

Enable the stopwatch feature in the app, and long press the control button on Stop watch page of tracker to start.

11. Alarm setting

You can enable up to 20 alarms per day. Alarms can be used as reminders to do certain tasks throughout the day or simply to wake you up in the morning.

When an alarm is triggered, your fitness tracker will quietly vibrate on your wrist.

12. Heart rate alert

The tracker automatically tracks your heart rate, it alerts you when your heart rate exceeds the limit set, you can set it in app: **Mine > Y39 > Heart rate alert > Upper limit of resting heart rate.**

13. Take photo

To take a photo remotely using your tracker, open the app, tap **Mine > Y39 > Take photo**. Position your smartphone in the desired location for taking a photo, then tap the function key on your tracker to take the shot. If Turn wrist detection is enabled in the app, rotating or flicking your wrist to take the shot.

14. Sedentary setting & alert

Your tracker will give you gentle reminders to stay active throughout the day if you are stationary for too long.

15. Disconnect Alert

"Disconnect Alert" is used to notify you when the Bluetooth is out of range or disconnected, you can enable/disable it in the app (Mine > Y39 > Switch setting > Disconnect alert).

16. Female menstrual cycle

This function is available for female users only, tracking your cycle can help you recognize any recurring irregularities and identify menstrual patterns.

17. Blood pressure monitoring

Scroll to the blood pressure interface on your tracker and wait about 25 seconds for your BP reading to appear. Please search "blood pressure" at "y39.zururu.com" to learn how to set up and get the BP readings on the dashboard.

FAQs

• What are the password requirements for signing up for the H Band app?

The password for the H Band app should be between 6 and 20 characters in length. It can be a combination of letters and numbers, such as "a87651234".

- **Why isn't my step counter working correctly?**

First you need to install the H Band app, enter your personal data in the App and run through the set up process to pair it to your smartphone. If you walk less than 35 steps within a certain amount of time, these steps will not be stored. This is to help improve accuracy by filtering out movements other than steps, for example driving, typing on a keyboard or washing your hands.

- **How do I set the time and date?**

Once the tracker is successfully paired with the H Band app, the date and time will be automatically updated. Alternatively, you can manually set the time by accessing the "Time" interface on the tracker.

- **How to change the style of home screen?**

Open H Band App, Tap **Mine > Y39 > Dial settings**

- **Can I use this tracker without a smart phone?**

For more accurate activity tracking, it is recommended to connect your fitness tracker with your smartphone and input your personal information such as age, height, and weight into the H Band app, this information is used by the tracking algorithm to calculate your activity stats. Once the initial setup is complete, the tracker can operate independently, tracking your steps, distance, calories burned, heart rate, and blood pressure, without the need for a smartphone connection.

Kindly Note

If you still can't find what you're looking for,
Please visit our help center: Y39.ZURURU.COM
or email us: info@zururu.com

24/7/365 Support Service.

Send us a message and we usually respond in a few hours.