



Quick Start Guide

OVERVIEW

iHeHa Qi™ Health Tracker Main Body

No.	Description
①	Operation button • Press to check activity data • Press and hold to start/end sleep mode • Touch it after connected with APP for HRV monitoring
②	Snap buckle holes
③	OLED display screen
④	Buckle
⑤	Charging Pin

CHARGING AND INDICATOR

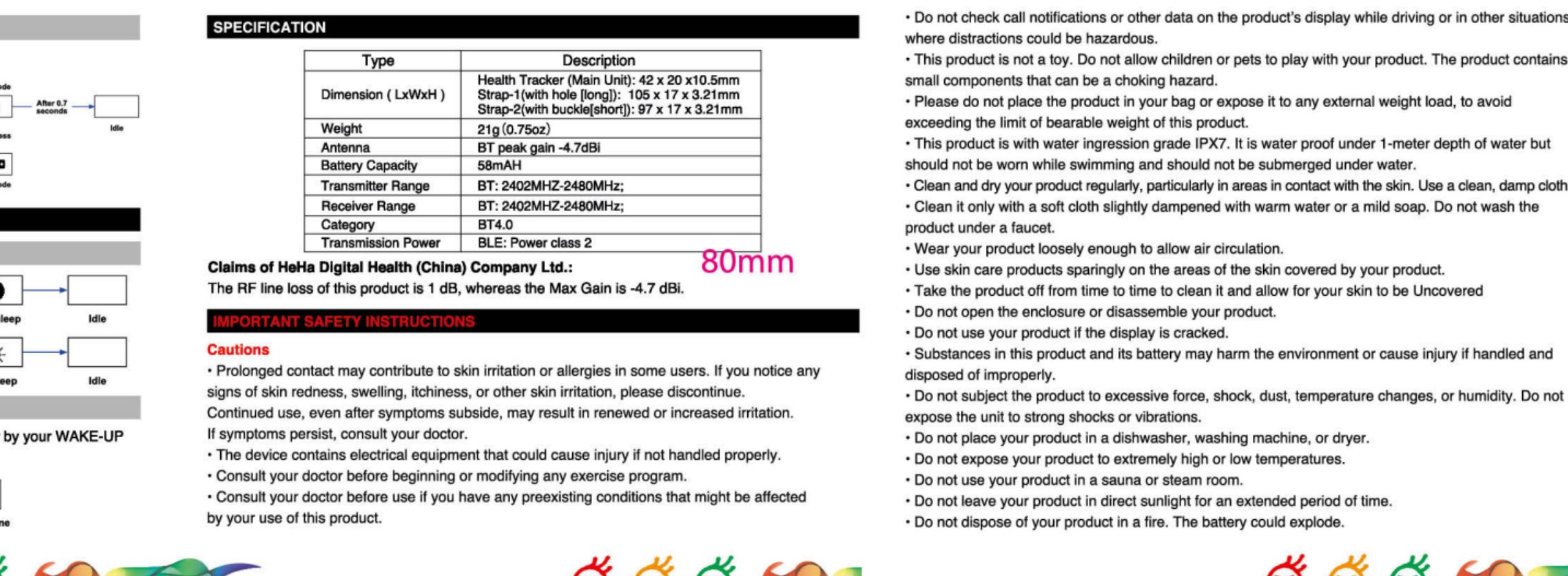
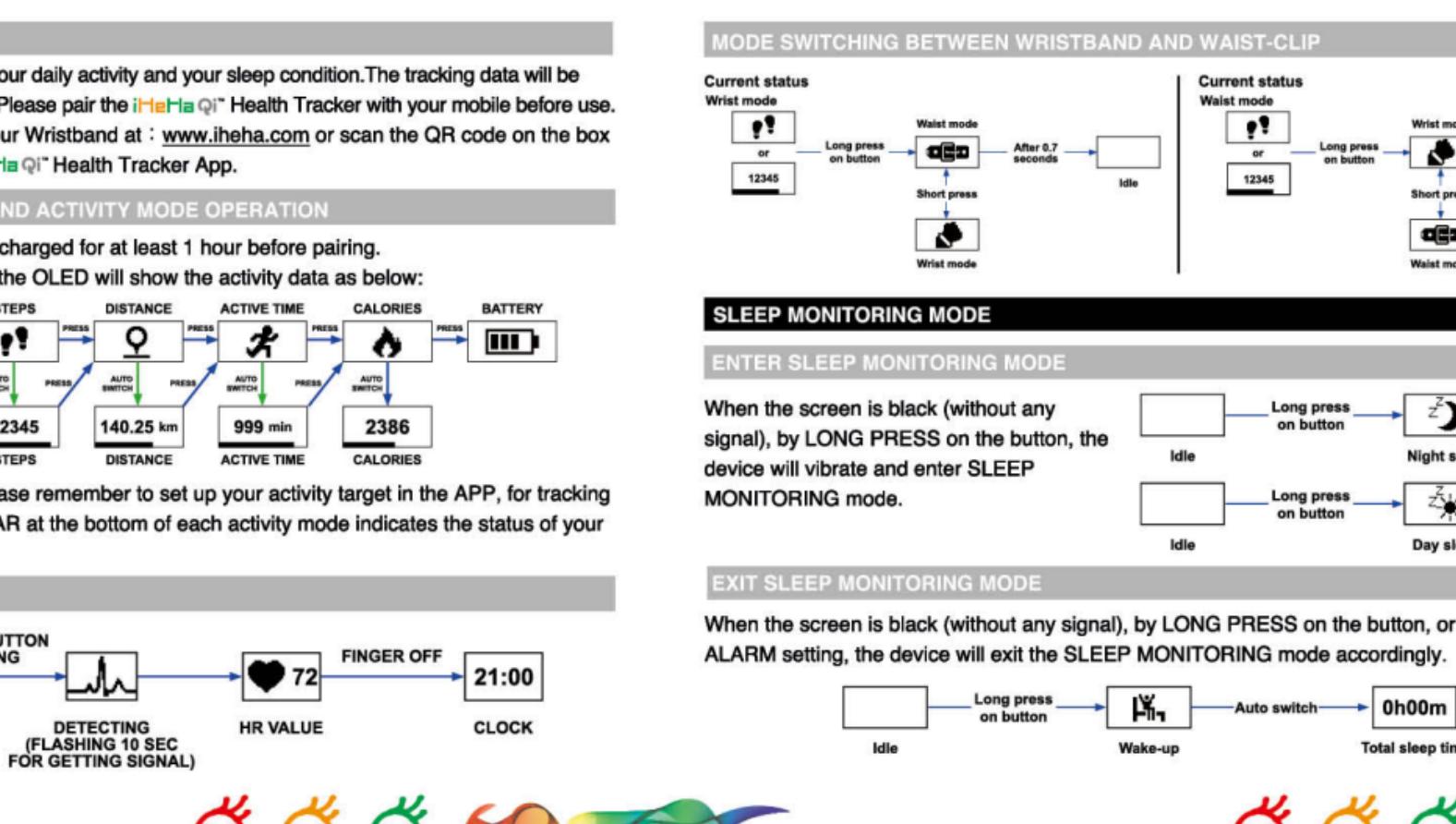
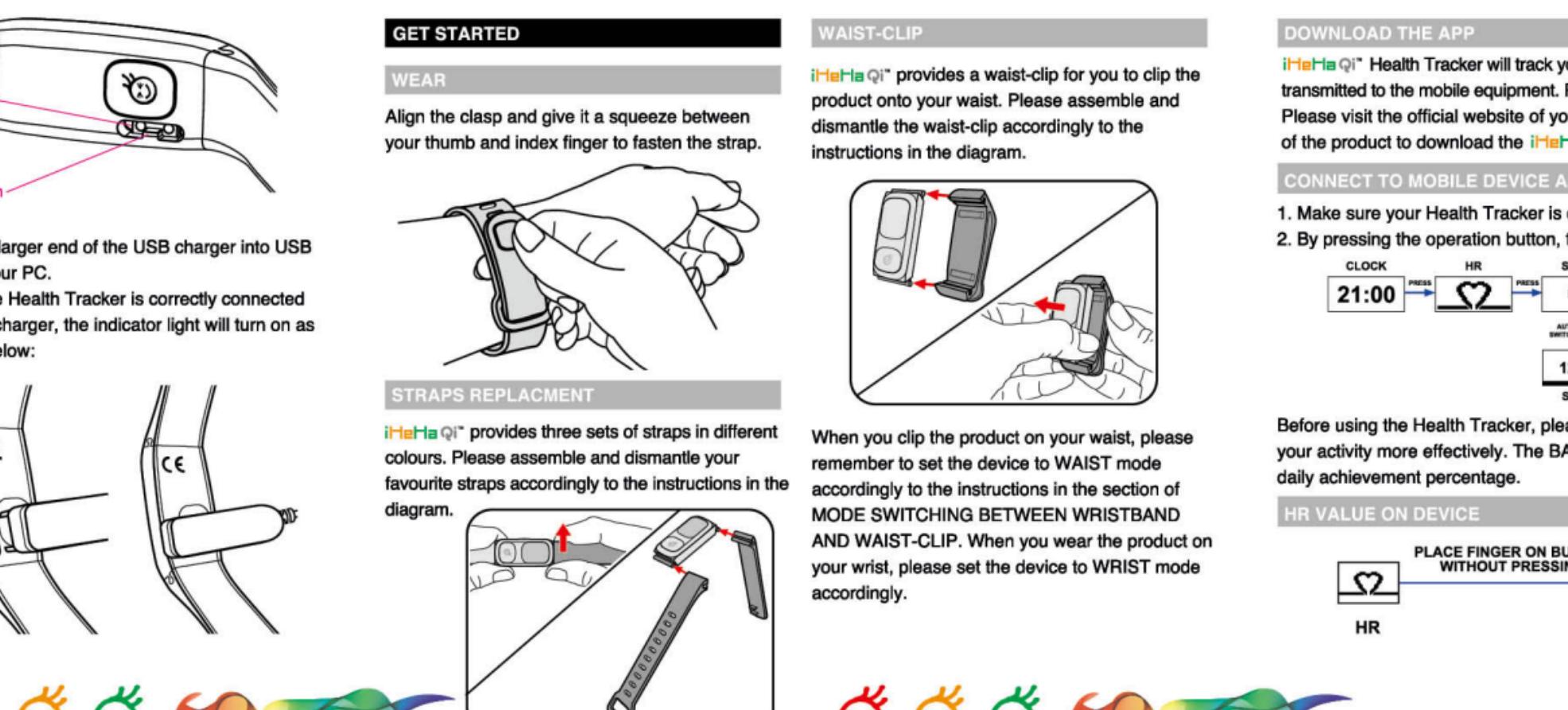
After unpacking, charge the iHeHa Qi™ Health Tracker for at least 1 hour before use. When the Health Tracker is correctly connected with the charger, the indicator light will turn on as shown below:

Align two metal connection points of the charger with the pair on the iHeHa Qi™ Health Tracker main body. Make sure the connection points of the main body and the charging pod align to each other. Clip the charger onto the main body of the Health Tracker.

USB Charger

Plug the larger end of the USB charger into USB port of your PC. After the Health Tracker is correctly connected with the charger, the indicator light will turn on as shown below:

Align the clasp and give it a squeeze between your thumb and index finger to fasten the strap.



- Do not use abrasive cleaners to clean your product.
 - Do not wear your product while charging it.
 - Do not charge your product while it is wet.
 - Consult your doctor before use if you have any pre-existing conditions that might be affected by your use of this product.
 - Disperse any static electricity from your body before using the unit. To avoid static electricity, used a small metal device (such as keys), cotton cloth, etc. to touch the door, doorknobs, faucets, chair, bed rails, etc. to eliminate static electricity, and then hand touch.
 - Remove your product if it feels warm or hot.
 - Due to printing limitations, the displays shown in this manual may differ from the actual display.
 - The contents of this user guide may not be reproduced without the permission of the manufacturer.
- Warning on Heart Rate Measurement**
- Do not use the unit in intensive care units or operating rooms.
 - Do not use with a defibrillator. Users do not apply to the use of cardiac arrhythmia or regulator.
 - Do not use in the presence of flammable anesthetics, drugs or pressurized oxygen (such as in a hyperbaric chamber, ultraviolet steriliser or oxygen tent).
 - Do not take recordings in a location where the unit will be exposed to strong electromagnetic forces, such as near an arc welder, high-power radio transmitter, etc.
 - Disposal of the packaging and your product should be done in accordance with local regulations.
 - Batteries are not to be disposed of in the municipal waste stream and require separate collection.
 - Do not attempt self-diagnosis of the measurement results and analysis. Always consult your doctor.
 - Do not take a recording if the electrodes are dirty. Clean them first.
 - Do not use for any purpose other than obtaining physiological information.
 - This device is not designed or intended for complete diagnosis of cardiac conditions. This device should never be used as a basis for starting or modifying treatment without independent confirmation by medical examination.
 - When using this unit in hospitals or other medical facilities, use the unit under the supervision of your doctor.
- Built-In Battery Precautions and Information**
- Your product features a built-in battery, which is not user replaceable.
 - Tampering with your product, or attempting to open it, will void the warranty and can result in a safety hazard. The main unit contains no user-serviceable parts.
 - Contact the retailer or our Customer Services if the product requires servicing.
 - Use only the charger cable that shipped with your product to charge the battery.
 - Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
 - Charge the battery in accordance with the instructions supplied
- Disposal and Recycling Information**
- The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.
- For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.
- Do not dispose of your product with household waste
 - Use only the charger supplied with your device. Use of another type of charger may result in malfunction and/or danger.
 - Use a specified battery in the equipment.
- About the charger**
- Do not use the charger in a high moisture environment. Never touch the charger when your hands or feet are wet.
 - Allow adequate ventilation around the charger when using it to operate the device or charge the battery. Do not cover the charger with paper or other objects that will reduce cooling. Do not use the charger while it is inside a carrying case.
 - Connect the charger to a proper power source. The voltage requirements are found on the product case and/or packaging.
 - Do not use the charger if the cord becomes damaged.
- REGULATORY INFORMATION**
- The manufacturer cannot be held responsible for modifications made by the User and the consequences thereof, which may alter the conformity of the product with the CE Marking. Hereby, HeHa Digital Health (China) Company Ltd., declares that this N486 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
- Federal Communication Commission Interference Statement**
- CE**
- Products with the CE marking comply with Radio & Telecommunication Terminal Equipment Directive (R&TTE) (1999/5/EC), the Electromagnetic Compatibility Directive (2004/108/EC) and the Low Voltage Directive (2006/95/EC) - issued by the Commission of the European Community.
- For regulatory identification purposes, your device is assigned a model number of N486
- WEEE**
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- For regulatory identification purposes, your device is assigned a model number of N486.
- FC**
- FCC ID: 2AGVP-N486
- SAFETY PRECAUTIONS**
- 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.
- ABOUT US**
- Visit our website www.iheha.com to learn more about our products.
- FCC Caution**
- For any inquiry, please contact our Customer Services 400-857-3988.
- EN55022: Radio disturbance characteristics
- EN55024: Immunity characteristics
- EN61000-3-2: Limits for harmonic current emissions
- EN61000-3-3: Limitation of voltage fluctuation and flicker in low-voltage supply system
- IEC60950-1/A1:2009: Product Safety
- The manufacturer cannot be held responsible for modifications made by the User and the consequences thereof, which may alter the conformity of the product with the CE Marking. Hereby, HeHa Digital Health (China) Company Ltd., declares that this N486 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
- 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 of the following measures:
- Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Replace only with the same or equivalent type recommended by the manufacturer.
 - The battery must be recycled or disposed of properly.
 - Use a specified battery in the equipment.
- ABOUT US**
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- FCC Caution**
- Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
- The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
- used in accordance with the instructions, may cause harmful interference to radio communications. However, there is

