User Manual

I. Method of Application

1. Use of Watch

(1) Boot: When the watch is powered off, press and hold on the touch key for 3 seconds to boot, showing the boot animation and vibrating, then displaying the main interface of time of the watch . The display duration can be adjusted in the APP.

(2) Operation: With a single point of touch on the area, the screen interface can be switched. If the current interface has its sub-interface, then press and hold on the touch area for three seconds to enter the corresponding sub-interface.

(3) Bright screen: When the watch is dark, brighten the screen with a single point of touch. If the switch for bright screen via wrist rotation is turned on, the users can brighten the screen via wrist rotation and the main interface of time is shown in the watch after bright screen.

(4) Shutdown: Switch to the shutdown interface of the watch, press and hold on the touch key for three seconds, showing the shutdown animation and vibrating, then powering off .

2. Bluetooth connection/ disconnection

(1) APP download: Search for "H Band" in the application market (for Android) or APP store (for Apple) to download and install, or scan the QR code below to download the "H band" application.

(2) Switch on the mobile Bluetooth→ open the "H band" application→ " Click to connect device", search for the watch Bluetooth necessary for connection and bond with the device. With operating steps above, the watch can be connected with the mobile APP and can be set in the APP after connection.

(3) Disconnection:

Method 1: Open the "H Band"→ "DISCONNECT"→disconnection (for IOS, it's necessary to ignore the device in the mobile Bluetooth setting for the disconnection)

Method 2: Direct turnoff of mobile Bluetooth

II. Function Introduction and Operation Instructions

1. Common Functions

1.1 Sports Mode

(1) Function Introduction

a. In the sports mode, the watch can record the time, heart rate, calorie and steps during sports and to pause and to continue can be selected midway.

b. Automatic exit: During sports. the watch will automatically judge the motion state of the users. If the watch has determined the current consistence with the conditions of sports exit, and then it will exit the sports mode automatically.

c. Data storage: The watch only saves the latest 3 sports data

1.2 Step-counting, Calorie and Mileage

(1) Function Introduction: The watch will display the users' total number of steps, calories, mileage of the day and the completion of sports goals in the interface and erase the data at 00:00 every day.

1.3 Blood Pressure

(1) Function Introduction:

a. Blood pressure measurement: The watch will measure the users' blood pressure under this interface and automatically turn off the screen for standby after measuring the blood pressure data.

b. Automatic monitoring of blood pressure: The function switch can be set in APP. When the function is on, the watch will conduct automatic monitoring regularly (once every 10 minutes) and record the blood pressure data. If bonded with the mobile phone, the watch will upload the data to the APP.

c. Private mode of blood pressure: The function switch can be set in APP. When the function is on, the mode can be measured and calibrated based on the daily blood pressure value input by users so as to obtain more accurate blood pressure value during blood pressure measurement.

(2) Operation Instructions:

a. Blood pressure measurement: In the main interface, switch to the blood pressure interface. Once entering the blood pressure interface, the watch starts to measure the blood pressure. During measurement (continuing for 25 seconds), the interface displays.

After 25 seconds, if there are no measured blood pressure data, the interface displays XXX/XXX. If there are measured blood pressure data, the interface displays data.

b. Turn on and off automatic monitoring: operating steps: "Open the Hband"--> Settings--> My Device--> Switch Settings--> Automatic Blood Pressure Monitoring

c. Turn on and off private mode: operating steps: "Open the Hband"--> Settings--> Private Mode of Blood Pressure. After turning on the private mode, there will be a "P" mark in the interface of blood pressure measurement.

▲ In order to ensure the accuracy of the test data, after entering the blood pressure measurement mode, Please keep your body relaxed and still during the measurement, and make sure your watch is at the same height as your heart.

Please don't talk during the test. (The function offers data reference for observation in blood pressure changes before and after human sports and cannot be for medicinal purposes.

1.4 Heart Rate

(1) Function Introduction:

a. Heart rate measurement: The watch will measure the users' heart rates in the heart rate measurement interface, show the results after test completion and automatically go dark for standby without operation for 60 seconds.

b. Automatic monitoring of heart rate: The function switch can be set in APP. When the function is on, the watch will conduct automatic monitoring regularly (once every 10 minutes) and record the heart rate data. If bonded with the mobile phone, the watch will upload the data to the APP.

c. Heart rate alarming: When the automatic monitoring of heart rate is on, the function switch can be set in the APP and the upper limit of the heart rate can also be set. When the users' heart rates reach the upper limit, the watch will vibrate to alarm and shown the interface of heart rate alarming .

1.5 Sleep

(1) Function Introduction: The watch will display the users' sleep time, deep sleep duration, shallow sleep duration and sleep quality of the previous night in the interface .

2. Reminder Function

2.1 Clock Reminder

(1) Function Introduction: The user can set an alarm clock in the APP. Single or repeated alarm clock can be set. In addition, the label icon of the alarm clock can be set and there are 20 groups of label icons for users' selection. When reaching the set time, the watch will vibrate and show the label of the alarm clock and the watch vibrates for ten times and goes dark for standby. (If the set time of the single alarm clock is in conflict with that of the multiple alarm clocks, the device will preferentially show the single alarm clock).

2.2. Call Answering, Silence and Call Rejection

(1) Function Introduction: The function switch can be set in the APP. When it's set as "ON", there is an incoming call for the mobile phone and the watch vibrates (for IOS, there will only be reminder when there is the connection with the mobile Bluetooth), shows the call sign and the caller ID (If there is the recorded ID in the mobile phone address book, the caller name will be shown)   until users answer or hang up. The operation via the watch can realize the silence or rejection of incoming call and the watch will go dark for standby after successful operation.

(2)Operation Instructions:

Silence: When there is an incoming call for the mobile phone, the watch vibrates. At this time, the silence of the incoming call can be realized via single point of touch key. The watch stops vibration and the reminder of silence is shown in the interface.

Rejection: When there is an incoming call for the mobile phone, the watch vibrates. At this time, press and hold on the touch key for three seconds to reject the call. The rejection is shown in the screen and the watch goes dark after 0.5 seconds.

2.3 Reminder of Short Message/Mobile Phone Application

(1) Function Introduction: The function switch can be set in the APP. When it's set as "ON", when there are short messages of the mobile phone or the pushed notifications of the mobile phone application (Facebook, QQ and others), the watch shows the pushed contents (necessary pairing for IOS, open permission for

Android, and the device will normally prompt the pushed contents) .

(2) Browsing information: Take Facebook for example, when the mobile phone receives the Facebook push notifications, the watch will vibrate and show it. Paging can be realized via single pint of touch key(automatic darkness without operation for three seconds). When all contents are displayed, the watch goes dark after single touch.

2.4 Sedentary Reminder

(1) Function Introduction: The function switch can be set in the APP. When it's set as "ON", the users can set the sedentary duration for judgment. At this time, the watch starts to continuously monitor the users' sitting status. If the users are in this status and exceed the set duration, the watch will vibrate and shown the animation of sedentary reminder as shown in Figure 2-2-4.

3. Other Functions

3.1 Wearing Detection

(1) Function Introduction: The function switch can be set in the APP. When it's set as "ON", the watch will firstly conduct the wearing detection to determine that the users wear the watch correctly before heart rate (blood pressure) measurement. If it's correct wearing, then the heart rate (blood pressure) measurement is started. If it's not qualified, then the induction lamp will blink for a while and light off automatically and the watch will go dark for standby.

(2) Operation Instructions: operating steps: "Open the Hband"-->
Settings--> My Device--> Switch Settings--> Switch On and Off the
Wearing Detection. There is no function for wearing detection in
black mode.

3.2 Bonded Device

(1) Function Introduction: The function switch can be set in the APP.
When it's set as "ON", the watch synchronizes the data to the APP.
If the users log on without ID, the APP will save the data locally and
will not erase it. If the users log on with ID, the APP will upload the
data to the   cloud account.

3.3 Female Functions

(1) Function Introduction:

a. The functions are for women only. When the users are male, the
APP will show no any interfaces related to the functions. When the
users are female, they can set their own current physiological
statuses(only records for menstrual period, preparation for
pregnancy, duration of pregnancy and mom time) and period time
in the APP. the watch will, based on the two, calculate, judge,
conclude the current statuses of users so as to demonstrate
accordingly. Users can also open the female notifications for
convenience of status attention and adjustment.

b. Only record of menstrual period and preparation for pregnancy:
In the current mode, the watch will, based on the users' period time
in the last time, show the current period and status (menstrual
period ⬛, safe period ⬛, ovulatory period ⬛ and ovulation

date ⬛). If the notification function is opened, the cautious reminder will be regular and the reminded contents are based on the current users' physiological statuses, such as "It's safe period today and there are 23 days before the next menstrual period", " It's ovulation date today and please be extremely cautious" and "It's ovulatory period today and there is high possibility of pregnancy" and others.

3.4 Photograph

(1) Function Introduction: Enter the camera interface in the APP and take photos via the watch. At this time, the watch shows the camera UI. Taking photos can be conducted via a single point of touch on the key and "shark it off". Press and hold on for three seconds to exit. One minute after entering the function without operation, the watch and the mobile phone will exit the camera function automatically.

III. Notes

1. Please tear off the protective film of heart rate sensor at the bottom of the device before use;

2. The different speed for data reading is normal during users' uses;

3. Please reboot the device or re-install the APP when the APPs flash back or the Bluetooth discontinues during users' uses;

4. When the wristband is disconnected with the mobile Bluetooth, it will search automatically within 20 minutes;

IV. Disclaimer

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

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.