Bluetooth Health Watch
HD-260

■ Features

- ✓ Real time clock with calendar
- ✓ Pedometer with step count, distance, calorie burned and activity time.
- ✓ 7 days memories for Pedometer and Sleep Monitor.
- ✓ Sleep Monitor record sleep quality daily.
- ✓ Build in memory to store Date / Time to bed / Fall sleep time / Awaken Time / Wake up time / In bed time / Actual sleeping time.
- ✓ Bluetooth Transmission Function
- ✓ Low Battery Indicator
- ✓ Charging / Full Indicator.
- ✓ Bluetooth enable Indicator
- ✓ Sleep Monitor Indicator
- ✓ Two keys input, [SLEEP], [BT]

■ Key Function

This unit has two buttons:

1, SLEEP
- ◆ Press key once to check mode status
- ◆ Hold key for 3 seconds to start / stop sleep monitor

2, BT
- ◆ Hold key for 3 seconds to start Bluetooth function

■ Default Setting

- Pedometer mode enabled, Sleep Monitor stopped.
- Default time & date: 12:00.00am 1 Jan 2014
- Unit = Matrix, Stride = 60cm, Gender = Male, Age = 20, Height = 180cm Weight = 60kg, Target = 10000
- All memories are cleared.
- Recommend to sync with phone to get the time & date.

■ Power on Reset (Press Reset key or Recharge from empty battery)

- Load default setting
- All LEDs on for 2 seconds

■ Operation

1, Pedometer Mode

➢ Press [SLEEP] key once will **<u>NOT</u>** turn on SLEEP LED, which indicated it is in Pedometer mode.

➢ If it is in Sleep Monitor mode, press and hold [SLEEP] key for 3 seconds to change back to Pedometer mode.

➢ G-Sensor will count the step, with max. 99999 steps in each day.

➢ Steps, Distance, Calorie and Activity Time will store to memory at 11:59.59 each day. They will be reset to zero for a new day.

➢ Maximum memory is 7 days. The 8th day memory will over write to 1st day memory.

➢ Press and hold [BT] key for 3 seconds to enable Bluetooth advertising. BT LED will flash for 30 seconds. It is required to sync with phone within 30 seconds. After 30 seconds timeout with no connection, Bluetooth will stop the advertising and turn off BT LED.

➢ If the Bluetooth transmission is success and stored in the phone, all the build in memories will be cleared.

2, Sleep Monitor Mode

➢ Press [SLEEP] key will turn on SLEEP LED if it is in Sleep Monitor mode.

➢ If it is in Pedometer mode, press and hold [SLEEP] key for 3 seconds to change to Sleep Monitor mode. SLEEP LED will turn on until [SLEEP] key is released.

➢ Once the device entered Sleep Monitor mode, it will store In Bed Time.

➢ Unit will monitor the body movement to consider user is "fall sleep" or "awaken".

➢ Press and hold key for 3 seconds to stop the sleep monitor and go back to Pedometer mode. The time will be stored as Wakeup Time.

➢ Maximum in bed time is 23 hours and 59 minutes. Over the maximum time, user will consider it is an invalid use. Unit will stop the stop monitor and ignore this record.

➢ Unit can keep maximum 7 days record.

➢ If the same day has more than 1 record, the latest record will overwrite the previous one.

➢ Maximum memory is 7 days. The 8th day memory will over write to 1st day memory.

➢ Press and hold [BT] key for 3 seconds to enable Bluetooth advertising. BT LED will flash for 30 seconds. It is required to sync with phone within 30 seconds. After 30 seconds timeout with no connection, Bluetooth will stop the advertising and turn off BT LED.

➢ If the Bluetooth transmission is success and stored in the phone, all the build in memories will be cleared.

■ LED Indicator

LED		Function	Charger Condition
P0.08	Off	Sleep Monitor off	----
	On	Sleep Monitor on (Press [SLEEP])	----
P0.09	Off	Bluetooth off	----
	Flashing	Bluetooth on	----
P0.10	Off	Battery Level is 20%-100%	Unplug
	Flash	Low Battery	
	On	Fully charged	Plugged
	Flash	Charging	

FCC STATEMENT

1. 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.

(2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications 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.

Amendment History:

Date	Version	Amendment	By
23,Jan 2014	V1.0	New	Ben

Signature and Company Chop