

智能心率血压手环

使用说明书 User Manual

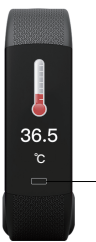


① 适配平台及要求

Android 4.4 及以上 Apple iOS 8.0 及以上 手机硬件支持蓝牙 4.0

② 使用准备

初次使用请确保电量充足，若电量太低无法开机请充电1~1.5小时（第一次使用务必将电池充满）关机充电会自动开机，开机状态下手环主界面电池条会呈流动状态。



界面触控按钮

③ 充电方式

初次使用，请将手环取出，用对应的充电器对设备进行充电。充电时，手环会自动开机，充电时长为2小时左右。（充电方式如下图：将手环主体从腕带中取出，将充电端口插入标准的USB接口即

※如果设备长期不用，请务必保证每3个月补充充电一次。

④ 佩戴方式

1. 手环以尺骨茎突后佩戴最佳；
2. 根据调节孔调好适合手腕的大小；扣上腕带扣；
3. 传感器要紧贴皮肤避免移动。



⑤ 连接使用 手机APP下载

方式1：扫描右方二维码进行下载
方式2：苹果手机可在App Store，安卓手机可在“各大安卓应用市场搜索“DayBand”，点击进行下载。
手环附加功能如消息推送等可能不适用于个别非主流型号手机。



⑥ 充电方式

0000000000 USB

⑦ 测量方法

热敏探头监测

1. 测试体温最好在佩戴手环30分钟后，并把产品背面金属片贴紧手腕内侧皮肤（如下图）个别测试对象如果因近期身体原因或者环境原因导致腕部温度较低，建议将产品放于上臂内侧测试。
2. 测量时间默认15分钟，如果测量结果在37.5以上，手环会振动提醒，请用专业设备进行验证。

⑧ 注意事项

1. 请注意手环底部保持清洁和干净，不能有污渍和水，否则会影响测试。
2. 手环电量过低时会影响测量数据，所以电量过低时无法进行测试体温。
3. 初次使用请佩戴手环30分钟后进行体温测量，当环境原因或身体原因造成手腕温度与实际体温相差较大时，测量结果会出现较大偏差。
4. 本产品非医疗产品，所测数据不能作为医疗参考。

⑨ 设备连接

首次使用手环需连接APP进行校准，连接成功后手环会自动同步时间，否则计步和睡眠数据不准。

⑩ 手环功能

- ① 血压测量：将手环切换至血压界面即可自动测量血压。手环界面上显示的血压数为最新测量的数据。（单次测量请等待25秒左右，因未贴近皮肤、测量处有污垢等原因，数值与实际数值可能有误差，数据不做医疗参考。）
- ② 心率测量：将手环切换至心率界面即可自动测量心率。手环界面上显示的心率数为最新测量的数据。（单次测量请等待25秒左右，因未贴近皮肤、测量处有污垢等原因会导致测量数值与实际数值可能有误差，数据不做医疗参考。）
- ③ 距离：显示步行里程距离数据。
- ④ 睡眠监测：自动检测每天的睡眠质量，手环可监测佩戴者的活动状况，当夜间一段时间没有活动，或者心率变慢且平稳后，手环将自动开始进行睡眠监测，根据您的睡眠情况分析出深度睡眠及浅度睡眠时间。
- ⑤ 卡路里数：步行的卡路里数会直接显示在手环上，显示消耗的卡路里。
- ⑥ 运动模式：在运动界面，长按三秒进入，里面包含了骑行、羽毛球、计步等运动；在开始运动时长按三秒开始，运动界面显示卡路里、距离/步数，再长按三秒退出。
- ⑦ 短信提醒：在APP开启消息提醒开关，手环会轻微震动提醒，手表上的显示界面会显示提示语言，信息可在手机上查看。
- ⑧ 关机：来到手环关机显示页面，单击切换下一界面，长按关机
- ⑨ 来电提醒：在APP开启消息提醒开关，当手机来电时手环震动提醒。
- ⑩ 血氧测量：将手环切换至血氧界面即可自动测量血氧。手环界面上显示的血氧数为最新测量的数据。（测量时间请等待25秒左右，因为贴近皮肤、测量处有污垢等原因会导致测量数据与实际数值可能有误差，数据不做医疗参考。）
- ⑪ 体温界面：长按触屏按键进入，如需退出，请长按触屏按键。

⑪ 常见问题

绑定时无搜索到手环或无法连接？
安卓系统：①请确认手机蓝牙开启，且手环未显示蓝牙标志（如果手环显示有蓝牙标志，说明已被连接上）。靠近手环，再次尝试搜索和连接，另外确认手机系统为Android4.4以上版本才可使用。
②如仍无法连接，进入手机设置→应用管理→授权管理→应用权限管理，找到应用【DayBand】，把其权限全部勾选为“允许”；再进入手机设置→GPS定位，将手机GPS定位功能打开，重启手机，再尝试连接。

⑫ 备注

1. 若出现产品质量问题或者对产品使用有不明白的地方，请直接邮件联系本店，我们将快速进行处理。
2. 本产品的测量结果仅供参考，不作为任何医疗用途及依据。请遵从医生指导，切不可依此测量结果自我诊断及治疗。
3. 本产品防水等级为IP66，可用于生活防水，不可用于潜水以及长时间泡在水中。另外，本产品不防热水，因为水蒸气会对手环造成影响。
4. 本公司保留不作任何通知的情况下，对产品说明书或产品UI及附加功能进行升级更新的权利，恕不另行通知。部分功能在对应的软件版本中有区别，为正常情况。
5. 手环附加功能如信息推送或者来电号码显示等，可能不适用于个别非主流型号手机。

⑬ 基本参数

屏幕尺寸	0.96彩屏
操作	单点触控按键
表带材质	TPU
待机时间	7天左右
腕带尺寸	250mm*19mm*12mm
充电方式	USB
包装	智能手环+说明书

① Compatible system and requirement

Android 4.4 or above Apple iOS 8.0 or above

② Preparation

Please ensure the watch is fully charged for the first time usage. If you can't switch it on due to low battery, please charge it for 2-2.5 hours. When you charging the watch, there is a "charging sign" on the screen.



Menu/Long-press power on

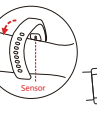
③ How to charge

Pull out the device from the strap, Using build-in USB charger to connect with power source for charging. Charge time is 2hours.

* Please charge the device once per 3 months if put it idle no using.

④ How to wear

1. Wear the watch on the left hand,
2. Close the backside sensor to the skin,
3. Adjust the fitable size to wear, and press the clip button, insert the metal pin into the hole.



⑤ Connection Instruction

Method1: Scan the code to download the APP.
Method2: Please ensure the bluetooth is on and search "DayBand".from Google Play market or App Store.
After downloaded, Please enter into App to connect the watch throught BT.



⑥ Body Temperature

Thermal probe monitoring

1. Before test temperature, Please wear the product on wrist for 30mins. Please wear the product on the wrist and ensure that the metal clip is close to the skin.
2. If tested people with big temperature difference from wrist and real temperature due to health problem. We suggest to put the product on the upper arm inside.
3. The default measurement time is 15mins, which is based on the stable value. If the measurement result is above 37.5°C, the product will vibrate, please use professional medical equipment to verify.
4. Long-press to enter into the test page, test time is 15mins, Long-press to log out.

⑦ Precaution

1. Please keep the metal clip of bottom dry and clean, and there must be no stains or water, otherwise it will affect the test.
2. Please wear the product for 30mins before test body temperature (first time using). The result will be with big difference if the wrist temperature is different from real body temperature due to environment or health reason.
3. This product is not a medical product, and the tested data cannot be used as a medical reference.
4. Please make sure the device is with full power because low battery will not support body temperature testing.

⑧ Connection

When using the bracelet for the first time, the bracelet should be connected to the app. After connected, the bracelet will automatically synchronize the time and date. Step info will be synced too.

⑨ Turn on APP

- Click setting icon
- My device (iOS) / Search device (Android)
- Pull down the screen, search device
- Click the device name

⑩ Bluetooth connection

Bluetooth connection: After connected, the APP automatically saves the MAC address of the device, when the APP is starting or running in the background, the device is automatically searched and connected.
Data synchronization: Manually pull down the sync data in the app homepage; the bracelet can store 7 days of offline data. The more the data, the longer the synchronization time, the longest is about 2 minutes, and there will be "synchronization completion" after the synchronization is completed.

⑪ Blood pressure

Blood pressure: Stay at this page, it will measure blood pressure automatically. the blood pressure data can be synced to App if its connected.

⑫ Blood oxygen

Blood oxygen: Stay at this page, it will measure blood oxygen automatically.

⑬ The function specifications

- ① Heart rate monitoring: The product could measure heart rate hourly or manually. In App, There is setting about heart rate. If turn on hourly button, The product will measure heart beat every hour. The data will be synced to App automatically if its connected with phone.
- ② Multi-Sport mode: There are several sport mode, like run, bike, badminton etc, Under each mode, it record calorie burnt and activity time.
- ③ Distance display: Show the total distance (km/mi) of movement.
- ④ Calories Mode: Displays total calories (kcal) burned.
- ⑤ Call reminder: Turn on "Call reminder" in App, it will vibrate when call comes in.
- ⑥ Message reminder: Turn on "Message" in APP, it will gently vibrate to remind you when comes a new message (SMS, QQ, Wechat, Facebook, Twitter).
- ⑦ Sleep monitoring: Automatically monitor your whole sleep quality and analyze the deep sleep and light sleep hours.
- ⑧ OTA upgrade: It will continue to optimize and update for the functions.
- ⑨ Turn on/off: Long-press the mode button to switch it on, Long-press the poweroff page on screen to switch it off.
- ⑩ Blood pressure: Stay at this page, it will measure blood pressure automatically. the blood pressure data can be synced to App if its connected.
- ⑪ Blood oxygen: Stay at this page, it will measure blood oxygen automatically.
- ⑫ Body Temperature: Longpress to enter into, Measure time is 15mins, Longpress to log out.
- ⑬ Reject call: Longpress the menu button to reject the call once the product is connected with phone.

⑭ Q&A

1. Can't find bracelet and can't connect with it?
① Please ensure the bluetooth is ON and the system of mobile phone is Android 4.4 or above and iOS 8.4 or above.
② If it still unable to connect, enter the phone settings → Application Management → Authorization Management → Application Rights Management → Find application [DayBand] → Allow all permissions as "allowed" → Enter the phone settings and select GPS location and turn on GPS function. → Restart the phone → Try to connect.
③ Please ensure bracelet is fully charged. Do feel free to contact us if it can't work when full charged.
2. The APP shows no connection after bound with bracelet, or it is connected but the power is 0%?
In this case, the App is not bound with bracelet successfully, please try again.
3. Can't connect the device with APP?
Pull down and refresh main interface, it will manually to synchronize the data, then it can display data in the APP. Auto-sync data will only be synchronized at first binding. Then it will automatic synchronize of data hourly. In addition, don't forget to open hourly measure ment. Otherwise histogram hasn't any data.
4. Pull-down and refresh APP, the data is not loaded?
App settings → Restore the factory settings → Click restore factory settings → Turn off the bracelet → Restart bracelet → Match with APP. Then data can be loaded out.
5. Time for bracelet is not accurate?
When the bracelet run out of power, the time of it may be in error after being recharged. Please connect with the mobile and the bracelet will automatically synchronize the time.
6. The bracelet time is not synchronized after connecting with the phone?
Mobile phone settings → Application management / rights management → Open permissions of APP → Reconnect the bracelet → Pull down and refresh it at main interface of the APP.

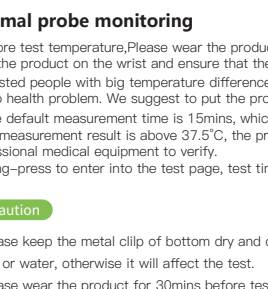
⑮ Specifications

Screen size	0.96" TFT
Operation	One-touch button
Waterproof	IP66
Material	TPU
Strap size	250mm*19mm*12mm
Smart band standby	7days around
Charging time	2-2.5 hours
Charge Method	USB
Package	Watch, manual

⑯ Remark

1. If there are questions about the way of use, Please contact with us for quick help.
2. The measurement results of this product are for reference only, not for any medical purpose and basis. Please follow the doctor's instructions and do not rely on the measurement results for self diagnosis and treatment.
3. The waterproof grade is IP66, which can be used for daily life waterproof. But the Watch can not be used for diving and put under water for long time, in addition, this product does not prevent from the hot water, because steam will affect the bracelet.
4. Our company reserve the right to modify the manual or interface without notification. Some functions are different on different software version which its normal
5. Some functions like message pushing or caller ID display may not compatible with some types of smart phone, Which is normal.

⑰ Certificate



⑱ RoHS

RoHS CE