说明书



初次使用请确保电量充足，若低电量不能正常开机

一、下载和配对

1. 长按电源键开机。
2. 使用手机扫描下方二维码，下载并安装APP。
或者在苹果商店或安卓应用市场搜索“Hband”下载安装。

Android　　IOS

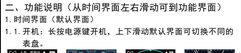
3. 兼容系统：Android4. 4及以上，蓝牙4. 0的手机；苹果手机iOS 8. 0及以上
4. 3. 打开手机APP，在“数据面板”中选择需要绑定的设备。
5. 第一步：打开手机蓝牙；
6. 第二步：打开手机“Hband”APP应用，选择”点击连接设备”去连接你的手环。
7. 配对时请确认与手环显示的蓝牙地址一致
8. 在时间界面右滑到关机界面可查看蓝牙地址



二、功能说明（从时间界面左右滑动可到功能界面）

1. 时间界面（默认界面）

1. 1. 开机：长按电源键开机，上下滑动默认界面可切换不同的表盘。



1. 2. 关机：在时间界面内，长按电源键关机；或进入“关机”界面（在时间界面右滑即为关机界面）长按屏幕。
1. 3. 灭屏唤醒功能：按电源键亮屏；翻转手腕
（进入手机H BAND 的APP “设置”-“RCxx “-“我的设备”-开启“转腕亮屏 “，同时确保手表端的设置菜单下的“开关设置”里也开启了“转腕亮屏”功能，只有手表和手机APP端同时都打开才可实现灭屏唤醒功能）
2. 计步（记录当天的运动步数，运动里程. 消耗的热量即APP同步数据）如下左图



计步

睡眠

3. 睡眠（测试时间段：下午6点-次日下午4点；确保入睡时间段：晚上6点-次日早上8点，app同步数据，必须佩戴手环睡觉才能够检测数据）如上右图

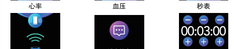
4. 功能选择界面



4. 1功能界面



心率　　血压　　秒表



找手机　　信息查看　　倒计时

4. 2运动（上滑可退出或暂停运动模式）



4. 3女性（在手机APP“设置”--点击头像--性别选择”女”--在”个人信息 “中选择你需要的状态，如下图）



4. 4 设置



4. 4. 1消息设置（同步短信, 来电或其他社交APP消息；确保手表端和APP端必须在”消息设置“内同时开启相应开关）



4. 4. 2亮度调节（可手动调节屏幕亮度）



4. 4. 3锁屏时长（可手动设置亮屏时长）



4. 4. 4开关设置(手表端和H BAND APP端 两边要同时开启才可实现以下功能)



4. 4. 5 音乐控制界面



三、手机APP端功能

1. 数据面板（显示步数，运动数据，心率，血压. 女性等数据，如下图）



2. 运动

2. 1GPS运动（可手动开启运动模式：点击屏幕 ✅-进入 “地图”-点击“开始运动” ；可查看运动记录）
2. 2手环运动（查看运动记录）
3. 设置界面
3. 1我的设备



3. 1. 1信息总提醒
备注：手表端和H BAND APP端 两边要同时开启才可实现以下功能



3. 1. 2闹钟设置（可设置多个闹钟）
3. 1. 3久坐设置（可手动设置起始，结束时间和间隔）
3. 1. 4心率报警（可手动设置静息心率上限）
3. 1. 5转腕亮屏（可手动设置起始，结束时间和转腕灵敏度）
3. 1. 6绑定设备（开启 “绑定设备” ，数据就会上传到云服务器，若手表和手机断开连接后，再和另一台手机连接，手机还可以下载原来的数据）
3. 1. 7血压私人模式（可设置私人血压模式数据）
3. 1. 8亮屏时长（可手动设置时间长度）
3. 1. 9开关设置（实现 “断连” 提醒功能，必须确保手表端 “开关设置” 打开此开关）



3. 1. 10亮度调节 （关掉 “自动调节” 即可手动调节亮度）
3. 1. 11. 拍照（进入 “拍照” ，摇晃手表即可拍照）
3. 1. 12. 清除数据：恢复出厂设置
3. 2设定目标（运动目标，睡眠目标）
3. 3 更多（单位制度：公制&英制；更换主题；关于我们）
3. 4第三方平台（可绑定微信运动，同步至第三方平台）

四、注意事项

1. 连接蓝牙：
1. 1请确保手机蓝牙为开启状态，手环开机状态；
1. 2搜索蓝牙时，请确保手环未被其他账号绑定过；
1. 3搜索蓝牙时，手环与手机尽量在较近的距离内。
2. 如用户手机里已安装手机管家等其他软件，为保证后台APP正常运行，请在手机打开消息推送和允许后台运行权限，否则无法推送消息。
3. 充电要求：使用规格为5V 0. 5~1A的充电器充电。长期不使用，请务必关机并保持1个月补充电一次。
4. 为了保证测试数据的准确，进入血压测试模式后，请保持测试时身体放松、静止，确保手环与心脏同高。测试时也请不要说话。（本功能为观察人体运动前后的血压变化提供数据参考，不可用于医疗）

五、基本参数

主控芯片：	nRF52832
光电传感：	PD70-01c-TR7
数据传输：	蓝牙4. 0
电池类型：	聚合物锂电池
电池容量：	200mAh
充电电压：	5V
工作温度：	-5~45℃
防水：	IP68

Bracelet User Manual



Please make a full charge before use it.

1.Download & Pairing

1.1. Long press the power button to turn on.
1.2. Scan the following QR code to install APP or Download “Hband” App from App store or Google play, by searching for “Hband”

Android　　IOS

Compatibility System:Android4.4 and above, IOS 8.0 and above.Enter the APP “Dashboard” to bind the device
Step1:Enable Bluetooth on the mobile phone;
Step2:Open“Hband”APP,tap“Connect adevice”to bind .Please keep bluetooth address consistent with your smart bracelet when you connecting
Slide right from the default interface to check bluetooth



2.Smart Bracelet Functions (slide from the default interface)

2.1Time Interface (Default interface)
2.1.1Power on: Long press power button,slide the default interface up and down for different bracelet interfaces.



2.1.2.Power off:Long press power button on the time interface;or enter” Power Off” interface(slide right from time interface) and long press
2.1.3.Wake up screen : press the power button; Take wrist(enter Hband APP”setting”–find “RCxx my device”–turn on”turn the wrist”,and also enter bracelet menu”setting”–”switch”-turn on “turn the wrist”at same time,only Hband app and bracelet both turn on switch whichcome ture light screen function)

2.2.Steps record （Steps ,distance ,calorie)

2.3.Sleep monitor （monitor time: pm6:00-next day pm4:00; Ensure fall asleep time :pm6:00-next day am8:00 sync data to app by wearing device)

2.4.Function interface

2.5Heart Rate monitor　　2.6 Blood Pressure

2.7 Stopwatch　　2.8.CountDown　　2.9.Message

2.10. Sport(slide up to end or pause sport)

2.11.Female physiological cycle reminder(enter APP “setting”–tap “head portrait ”–edit”Gender”into “female”–choose your status.

2.12.Find my phone(phone will ring when bluetooth connected with smart bracelet)

2.13.Setting

2.13.1.Information(Synchronize message,calls and soical app messages: Please ensure turn on watch corresponding switch in the “information” under “setting” menu and also turn on Hband App “Message Notification” menu corresponding switch meanwhile)

2.13.2.Brightness(manually adjust screen brightness)

(2.13.2)　　(2.13.3)

2.13.3.Auto-Lock(manually adjust lock screen time span)

2.13.4.Switch(Please ensure turn on corresponding switch o the bracele “switch”under”setting”menu and also turn on switch on the “hband” app meanwhile)

2.14.music(Click the button to play, pause, previous song, next song)

3.APP functions

3.1.APP data record interface(Steps,Sports,HeartRate, Blood pressure,Blood oxygen ,Female)

3.2.Running
3.2.1.GPS movement(manually turn on sport mode:click ✅ on the screen and enter “map”mode to tap“Start sport”;also check historical record)
3.2.2.Bracelet movement(check history records)
3.3.Setting interface
3.3.1.My device

3.3.1.1Message notification(Synchronize message,calls and soical app messages:please turn on app switch and meanwhile turn on watch corresponding switch in the”information”under “setting”menu)

Important to follow below setup steps so watch can receive notifications:
Find out Mobile phone app like Wechat, : Wechat/about me/setting/new message inform and display all message details MUST be turned on;
Mobile phone setting/ find out wechat/ notifications/ you have to turn on all options like allow notifications, badges,show previews etc. Pls make sure your wechat/QQ/Skype is NOT log in & online on your computer,otherwise the message received on mobile can't sync on the watch as the computer already received the notification.

3.3.1.2.Alarm settings
3.3.1.3.Sedentary setting(manually set begin&ens and time span)
3.3.1.4.Heart rate alarm(manually set heart rate upper limit)
3.3.1.5.Turn the wrist(manuly set time begin&end and wrist sensitivity)
3.3.1.6.Pair device(Turn on “pair device”, watch data will be uploaded to cloud server, in case you want connecting smartwatch to another mobile phone,the new connected mobile phone still can download previous datas from the cloud server.)
3.3.1.7.BP private mode
3.3.1.8.Screen-on time(manually set screen-on time span)
3.3.1.9.Switch setting(please ensure turn on app switch and also turn on watch switch under”setting”menu)
3.3.1.10.Brightness adjustment(turn off “automatic adjustment” can set brightness index)
3.3.1.11.Take photo(enter it to take picture by shaking bracelet)
3.3.1.11.Clear Data: Reset
3.3.1.12.Disconnect
3.3.2Setting goal(Sport goal,sleep)
3.3.3More (Unit setting:Metric&Imperial,Change theme,About us)
3.3.4Third-party Platform(you can band wechat sport,syc to third app)

4.Warm notes

4.1.Connect Bluetooth:
4.1.1Please power on your phone bluetooth and turn on smart bracelet before connecting;
4.1.2Please ensure your smart bracelet didn’t connect other phone before connecting ;
4.1.3Please close to you smart bracelet when you are conncting.
4.2.Please turn on authorization of if your Mobile Assistant or other similar Apps for Dial APP, in order to guarantee normal operation of the APP in the background, otherwise you will not receive the messages.
4.3. Battery Recharge: Power adaptor: 5V 0.5~1A requirement. If the bracelet won’t be used for long period, please ensure a full charging every month and turn it off after get full charged
4.4.To ensure the accuracy of blood presure data, after entering blood pressure monitor mode, please hold the smart band at the same height as your heart, relax yourself and calm down. Do not speak when the monitor is working. (This function is to monitor the blood pressure data change before & after exercise. The data are only for reference, can’t use for special medical purpose)

Disclaimer

Warning:
This product is not a medical device. The smart band and its applications should not be used in diagnosis, treatment or as a preventive treatment for diseases and sickness. Please consult medical professionals before changing exercise habit or sleep habit to avoid serious injuries. The manufacturer reserves the right to modify and improve any functions description in this user guide and continuous update of the new content without further notice. This user guide is for reference only, the smart band for selling is subject to the final product.

Specifications

Chipset	nRF52832
Sensor	PD70-01c-TR7
Data Transfer	Bluetooth 4.0
Battery	Polymer Lithium
Volume of Battery	200mAh
Charging Voltage	5V
Working Temperature	-5℃~45℃
Waterproof	IP68