

ECG/Blood glucose/Blood pressure Smart Bracelet



User Manual

Device's structure



Disassembly and wear

1、Disassembly

Align the metal pin on left end of the watch strap with the hole at the connection point of the bracelet, flip the metal ball on the right, and align the hole on the right to complete the installation and disassembly.



2、Wear

Better worn the watch at 1-2CM behind the ulnar neck of the wrist. When wearing, make sure that the bottom of the watch is close to the skin to avoid light leakage of the sensor and affect the accuracy of the measurement.



Charge

This is magnetically charge, so only need to align it with the charging port and automatically attach it.

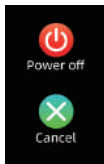


Charging
port

Power on / off

Switch on: Long press the screen to power on.

Switch off: On settings and find out switch off.



Install APP and Bluetooth connection

1、Turn on the device, turn on the Bluetooth of the mobile phone, scan the QR code below or search "H Band" in the App store / Google play store to download and install.

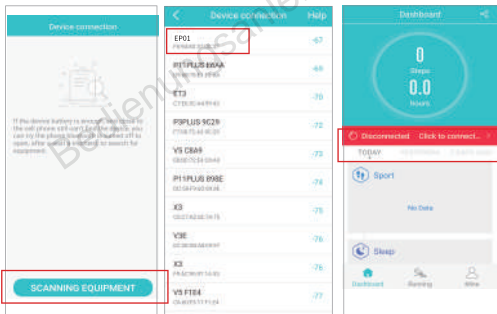


2、Register and log in

Please register with an email or mobile number if you don't have a H Band account, or you can choose "Login without an account" to enter.



3、Open the APP, To the connection interface please tap "Scan Device", turn on the Bluetooth, then find the corresponding device to connect. Also can go to the data panel to get connect.



Operation guide of the device function interface



Device function introduction

1、Time , date & week

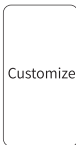
For the first time, please connect to the APP to sync the correct time,date, and week.

2、Dial switch

Long press the screen to switch the dial style .

Note: To customize the watch face, please go to APP Settings (Mine →EP01→Dial Settings).





3. Shortcut set

Swipe down on the main time interface to enter the drop-down shortcut interface. The specific functions are as follows:

Find phone/About/Settings/Do not disturb/Brightness



4. Workouts

Press the button on the right side of the watch to find the sport. As follows: Outdoor running, outdoor walking, indoor running, indoor walking, hiking, stepper, outdoor cycling, indoor cycling, elliptical, machine, rowing machine more than 20 kinds of sports for choose.

5. Pedometer

Steps, calorie burnt and distance will be shown on this interface.

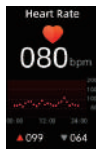


6. Heart rate monitoring ①

Switch to this interface, Heart rate automatic measurement, The icon starts to flash, then shows the result.

7. Blood pressure monitoring ②

Switch to this interface, blood pressure automatic measurement, The icon starts to flash, then shows the result.



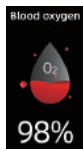
①



②



③



④



⑤



⑥



⑦



⑧



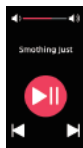
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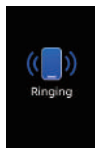
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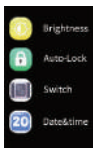
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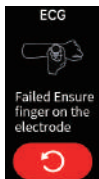
⑮



⑯

8、ECG test

Switch to the interface of ECG. Click the button to the ECG test state, and put your finger against the right electrode pad. (Please make sure the device is worn on your wrist properly and the skin is moist til the result is out). The result by this manual testing on bracelet will not be saved on App. If you want to save the data, please start the ECG testing on App. The data will be shown on a graph.



Put your finger against the right electrode pad.

9、Blood glucose monitoring ③

Switch to this interface, Tap the triangle button below, The icon starts to flash, then shows the result.

10、Blood oxygen monitoring ④

Switch to this interface, Blood oxygen automatic measurement, The icon starts to flash, then shows the result.

11、Body temperature monitoring ⑤

Switch to this interface, Tap the triangle button below, The icon starts to flash, then shows the result.

12、Sleep monitoring ⑥

Switch to this interface, check the duration of deep sleep, light sleep, duration of total sleep and sleep quality.

13、Weather ⑦

When the device connected to the APP, the weather will automatically be sync.

14. Notification ⑧

Synchronize incoming calls, text messages, QQ, WeChat and other application software messages, never missing any important messages anytime, anywhere.

15. Alarm ⑨

Switch to this function interface ,to find clock,when the alarm not set, it is shown on the right side:

APP find "My" , Tap "EP01" to find "Alarm Settings" , tap on the upper right corner "+" , after setting completed will show on the device .

16. Stopwatch ⑩

Tap to enter the stopwatch interface, Tap the middle button to start or pause,To recalculate, press the reset button, and press the exit button to return.

17. Timer ⑪

Find out timer in the function list,adjust the time to start timing.

18. Music ⑫

When the device connected to the APP,The music player software has been installed on the phone just tap play to realize the synchronization of the device.Tap the middle play/pause button to control the phone to play music.

19. Find phone ⑬

After Bluetooth connected, tap on the device find phone function, the phone will vibrate and ringing.

20. Female ⑭

Save personal information as women,This function can be set according to personal circumstances.

21. Camera ⑮

After the Bluetooth connection, enter the watch camera interface, you can control the phone to take remote pictures.

22. Settings ⑯

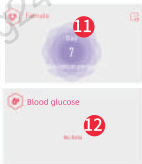
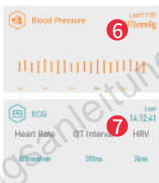
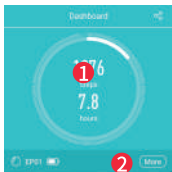
Find out set in the function list, As follows:

Brightness/Auto-lock/Switch/Date&time/H Band/Dial/
Notification/Language/About/Erase Date/Power off.

APP functions and instructions

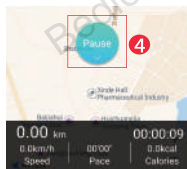
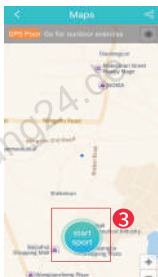
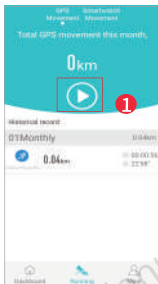
1. Dashboard

①Steps and time;②More (Heart rate / Blood pressure / setting);
③Steps, distance and calories data interface;④Sleep data interface;⑤Heart rate monitoring data interface;⑥Blood pressure monitoring data interface;⑦ECG monitoring data interface;⑧ Blood oxygen monitoring data interface;⑨HRV date interface;⑩ Body temperature data interface;⑪Women's menstrual cycle data interface;⑫Blood glucose data interface.

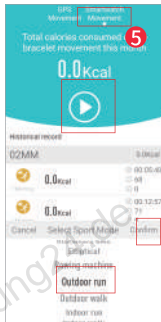


2. Movement

- ① Select the GPS Movement button in the App.
- ② Select the map software installed on the phone.
- ③ Select Start sport button.
- ④ Go to the open area and select Pause button if the GPS signal is weak.



When GPS exercise completed, select movement of the device ⑤, tap start button, and select exercise mode to confirm. At the same time, device will automatically switch to the data interface in this sport mode, the APP can be used to pause exercise or on device left Slide to pause exercise, while the exercise data will be automatically saved in the APP.



3、Mine

Personal information: Tap the avatar and nickname ① to enter, The content are as follows: nickname, gender, date of birth, weight, height, BMI, skin color.

My device: the content are as follows ②:

Message notification: receive/close the application message reminder.

Alarm settings: check or create an alarm.

Sedentary setting: Set a sedentary reminder time.

Heart rate alert: Set the upper limit of resting heart rate, and automatically alarm when it reaches or exceeds it.

Turn wrist detection: turn your wrist to brighten the screen.

Pair device: binding the device.

Find device: find the device.

BP Private Mode: set the private mode to obtain more

accurate data. for individually, normally use general mode.

Screen-on Time: Set screen time.

Weather setting: Set temperature unit/switch on weather push function.

Switch Setting:HR Automatic monitoring/BP Automatic monitoring/Blood Oxygen Nighttime monitoring/Disconnect Alert/Scientific sleep/Automatic temperature monitoring

Take photo:After connecting Bluetooth and clicking app to take photos, the watch can control the mobile phone to take photos.

Reset device password: reset the device password.

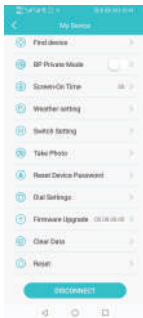
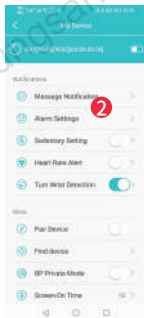
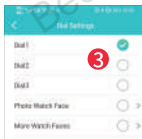
Dial settings:support choose to use the inherent dial ③ of the device , or choose the "photo dial". (customize to upload pictures as you like),also can choose exquisite watch face in "More Watch Faces" .

Firmware update: current firmware information and update firmware.

Clear Data:Clear all data on the device and shut down.

Reset:

Disconnect: Disconnect device.



Help: check answers of "Cannot connect to the device", "Easy to disconnect the device", and "Message cannot be pushed".

Permission management: Obtain part of mobile phone permissions during APP use.

Steps goal: Set target steps.

Sleep: Set target sleep time.

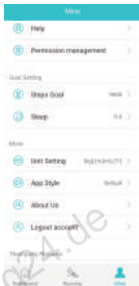
Unit setting: Set imperial or metric units.

APP style: Set the APP background style.

About us: check current APP version information.

WeRun: bind WeChat sports.

Log out : Log out of the current account.



Parameter

Chip:GR5515

Display:1.47-inch HD color screen

Material:Tempered glass/ABS+PC
/Silicone

Weight:32g

Charge time:2hour

Battery:210mAh

Waterproof:IP67

Standby:15days

Bluetooth version:5.1

Support OS:IOS 8.0 or

above Android
4.4 or above

Note

1. Before measuring, please make sure that you have saved correct personal information on the APP, such as height, age, gender, weight, etc., and synchronize data;
2. Sit for 5-10 minutes before measurement to keep your heartbeat calm and breathing satable.
3. Please keep relaxed during measurement, panting, talking walking and exercise will affect the accuracy of the measurement results;
4. Keep a correct sitting posture, make the hands flat and keep it parallel with heart.

Wear and maintenance

The products are suitable for wear all day, so when you wear and care for the smart device, please follow the following brief instructions:

1、Keep the smart device dry:

1.1、Clean your wrist and the smart band/smart watch you are wearing regular, especially after exercise, sweating, or skin contact with soap or detergent and other substances, the substance may get inside of the product so should be cleaned regularly .

2、Keep wearing the product correctly:

2.1、Please do not wear the device too tightly, should be able to move back and forth on the wrist.

2.2、If use a heart rate device to record your heart rate throughout a day, the device should be flat one finger wide among the wrist bone. In order to better check the data during active exercises, wear the device among the wrist bone about 2-3 Finger-width position.

2.3、Prolonged friction and restraint may irritate your skin, after a long time wearing, take off the device and give skin a rest period.

3.Keep smart devices clean:

3.1、If device is damp, such as sweating or splashing, please clean and dry it, make sure the skin layer is in a suitable dry humidity, and then wear again.

The data collected by this device is for reference only, not for medical purpose