



User Manual

Smart Band
Model: TSP-HB01

Hereby, TECNO MOBILE LIMITED,
Declares that this Smart Band is in compliance with the essential requirements
and other relevant provisions of directive 2014/53/EU.

Thank you for choosing Band 1, the high-performance wearable smart band will
offer considerate gym experience for you.

Way of Wearing and Maintenance :

1. Assemble the smart band : align the main body with the square hole of the
band, then insert it forcefully until the band is absolutely assembled with
the main body properly.



2. Disassemble the smart band : hold the main body and the band respectively
in each hand,
then pull it out from one end by lateral force.



3. Please remind of the following tips when maintenance :
• Clean the band regularly and keep it dry, especially the inner side.
• Adjust the tightness of the band to ensure air circulation.
• Excessive skincare product is undesirable on wrist with a band on.

• Please stop wearing in case of skin allergy or any discomfort.
4. You can wear the band in bath or exercise scenario since it is sweatproof,
rainproof and waterproof (up to 1.0m waterproof depth). Undesirable to wear
when bathing water temperature is higher than 42°C.

Band Charging

1. Plug the USB end into the charger. 2. Icon will be displayed on the screen.



Diagram of Band Main Body



Downloading and Binding of Band APP

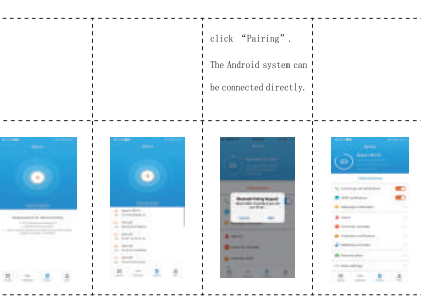
1. Power on
Long press the touch control for 5 seconds or plug into a charger for
charging.
2. For iOS system, search and download TECNO Band in APP store.
For Android system, download and install TECNO Band in Google Play or scan the
QR code for downloading.



Note : The mobile phone needs to support Android 5.1 or iOS 8.0 or above, and
Bluetooth 4.0 or above.

3. Binding band

1. Click the "Device" in the mobile APP.
2. Click to bind the "Device".
3. Click the ID number that is consistent with the band MAC.
4. The binding is successful.
The iOS system will show a request for Bluetooth pairing, and



Brief Introduction to APP Functions

APP home page: record the current and historical data of various kinds of function, search information.
Sport mode: record the current and historical data of various modes of movements, sleeping, walking, running, the band.
Device: open the account information.
My status: set your heart rate and blood pressure, climbing.

wave arms during measurement.

7. Question : Why is the Bluetooth connection icon blinking all the time?

Answer : Error may occur with the time of the band after the band is recharged
when out of electricity. In this case, please connect the band to the mobile
phone, and the time of the band will be synchronized automatically with that
of the mobile phone for correction.

8. Question : Why the band cannot be charged?

Answer :

1. Please check the band inserting direction is correct or not;
2. The battery has a pre-charging period when the battery of the band is too
low (the band has been set aside and not been used for a long time).

Note : Generally it is charged normally after two or three sinites when the
charger is plugged in.

9. Question : Which factors can affect the measuring result of heart rate?

Answer : Non-standard way of band wearing may affect the measurement of heart
rate. For example, the insufficient attachment of band to skin which may cause
light leakage, arm swinging, slight movement of band on skin, too tight in band
wearing, too high in arm raising, and clenching fists, all of which may affect
blood circulation as well as the signal of heart rate. The right measuring ways
are : lay your arms flat, take it easy and keep quiet, and make sure the band
is closely attached to the arm.

Note : skin color, hair, tattoo, or scar and some individual differences may
also affect the signal of heart rate even when the band is worn in a correct
way.

10. Question : Why is the time of the band inaccurate?

Answer : Error may occur with the time of the band after the band is recharged
when out of electricity. In this case, please connect the band to the mobile
phone, and the time of the band will be synchronized automatically with that
of the mobile phone for correction.

FCC Warning

changes or modifications not expressly approved by the
party responsible for compliance could void the user's authority to operate the equipment.
This device complies with Part 15 of the FCC Rules.
Operation is subject to the following two conditions: (1)
this device must accept any interference received,
including interference that may cause undesired operation.

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.

RF Exposure Statement

The device has been evaluated to meet general RF
exposure requirement. The device can be used in
portable exposure condition without restriction.

CAUTION:

1. Risk of explosion if battery is replaced by an incorrect type, dispose of
used batteries according to the instructions.
2. The product shall only be connected to a USB interface of version USB2.0
3. Adapter shall be installed near the equipment and shall be easily accessible.
4. EUT Temperature:-20~55° C (Standalone), -20~40° C (With Parts).

Operating Frequency:

Bluetooth: 2402~2480MHz

Modulation mode:

GFSK

Max. Of Transmit power:

BLE:~3.97dBm

