Hero Band III
Color Screen Fitness Tracker User Manual

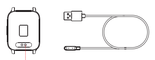
P36-V1.0

◆Appearance Explain

◆Charging diagram

Strictly follow the operation shown in the figure below:

1. Please use the charging stand provided with the product to charge the charging contacts on the back of the bracelet
2. Plug the USB tap into the USB adapter (excluding in the packaging)



Charging contacts　　Magnetic charging cable

◆Functions Introduction

Bracelet Time Main Page: Display the bracelet time, day of the week, steps, and other information.

Steps: record the current number of steps of the bracelet,Calories and distance

Blood oxygen: On the blood oxygen measurement page, touch the screen to start the measurement. After the vibration, the measurement result will be displayed. More detailed information analysis and data recording can be synchronized to the APP to view.

Sleep: the bracelet records and shows the total sleep time you had last night, as well as the duration of deep and sleep time. More detailed information analysis and data recording can be viewed in the APP synchronously.

Weather information: the weather page will display current weather, air quality index, and the temperature for tomorrow. This function works must connected to the APP, and the phone must open GPS positioning, and the APP must have access to the phone's location.If you disconnect the phone or turn off GPS for a long time, the weather information will not be updated.

Message notification: the bracelet can receive phone calls, text messages, WeChat, QQ, SMS, phone reminders and alerts on the phone, and the corresponding push project APP can be opened on the APP.This page can also enter the bracelet records.Note:that this function should be connected to the phone and the APP, and the Settings should be completed according to the prompts. After the APP and are connected, have to select match in a pop-up match request.

Exercise: The bracelet shows the exercise mode, heart rate and calorie information. Click the exercise icon to enter the multi-function exercise mode. You can choose to open the corresponding exercise mode measurement.

Blood pressure:On the Blood pressure measurement page, tou ch on the screen to start the m easurement. After the vibrat ion, the measurement result will be prompted. More data lled information analysis and data recording can be synch ronized to the APP to view.

Heart rate: On the heart rate measurement page, touch the screen to enter the me asurement. After the vibrati on, the measurement result will be displayed. More det ailed information analysis and data recording can be synchronized to the APP to view.

Breathing training: After entering this function, the breathing training mode is automatically turned on, the bracelet vibrates and prompted according to the animated graphics displayed on the bracelet. Multiple vibrations indicate that the training is complete.

Settings: Click the settings icon on this page to view the settings: mute/brightness adjustment/battery/restore factory settings/stopwatch/ screenshot, and other functions.

Music control: after connecting to the APP, the bracelet can control the play/ pause/ switch music function on the mobile phone.This function must open the mobile phone player before you can control on the smart bracelet.

Take Photo control: after connecting to the APP, the bracelet can be used as the remote control of the mobile phone camera. Open Camera on the phone, and long press the touch screen to take photos.

◆Bracelet APP Installation

This product is a Wireless transmission product, and many functions need to beconnected with the supporting APP before it can be used.
Only in the APP, after the bracelet is connected, other functions can be used, such as time synchronization, call reminder and information reminder, sedentary reminder, sleep monitoring, heart rate etc. (do not directly on android phones Scan the following QR code to download the APP to connect Apple mobile phone)
You can search for hero band III downloads in the APP Stroe.

◆Connecting smart bracelet explain

Open the mobile client to set personal information

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Switch to the [device] page and click [bind device]

↓

Click on your device in the list of devices scanned P36

↓

Bind completed

Note:When the phone is connected to the bracelet,it needs to keep the bluetooth of the phone open,and there is no other matching device in the bluetooth of the phone,don't connect your android phone directly to your mobile phone in bluetooth

◆APP operation instructions

1. Enter the APP movement page and press your phone screen to pull down and refresh the bracelet data.

2. Click the steps, sleep and other blocks, and enter the analysis of the daily or recent exercise and sleep data.

3. Click the exercise heart rate/blood pressure blocks to enter the data of the day or recent, or click the APP to measure the heart rate and blood pressure.The test data will be automatically saved to the phone.

◆Attention

1. Do not change in condition of water stains.
2. The data of this product is for reference only product, which is not used as medical treatment. The data is for reference only.
3. Don't wear this device when bathing or swimming for a long time.
4. Use the matching charging cable for charging.

◆Frequently Question And Answers

1. The bracelet cannot receive the reminder.
Please check the following:
A: make sure the APP has an alert switch on.
B: confirm whether the message can be displayed normally on the notification bar, and the notification push of the bracelet can be read Mobile phone notification message;
If there is no message in the notification bar, the bracelet will not receive the prompt.
Please find notification and status bar in mobile phone settings, and open WeChat, QQ, phone, SMS, Hero band III(watch)

apple system phone settings:
A, make sure to select the allowed pairing when connecting the bracelet, can be checked in the phone Settings - bluetooth, if there is one at the backend of the connected device Connected, indicating that a pairing has been made.If there is no in the backend ⓘ, there is no pairing, disconnect and re-pair.
B: open the phone settings — click on the notification — click WeChat, QQ, SMS, phone — open the permission notice.
Displayed in the "notification center".

2. Android phones don't connect the bracelet.
For android phones, please do not connect with the bracelet directly in the bluetooth of the phone.
Please download the APP firstly.
And go to the APP to search the device and connect.
Restart your phone's bluetooth and bracelet if necessary.

FCC Caution.

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

Any 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.

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