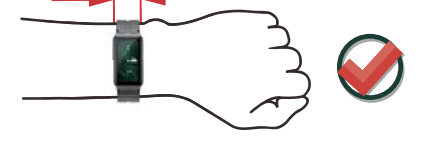
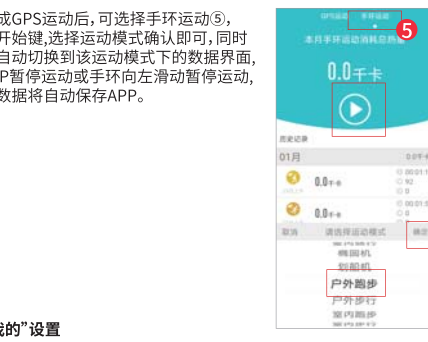
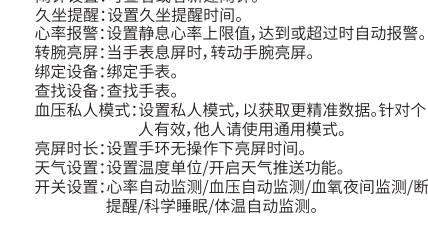
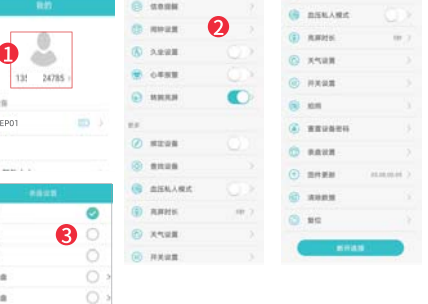
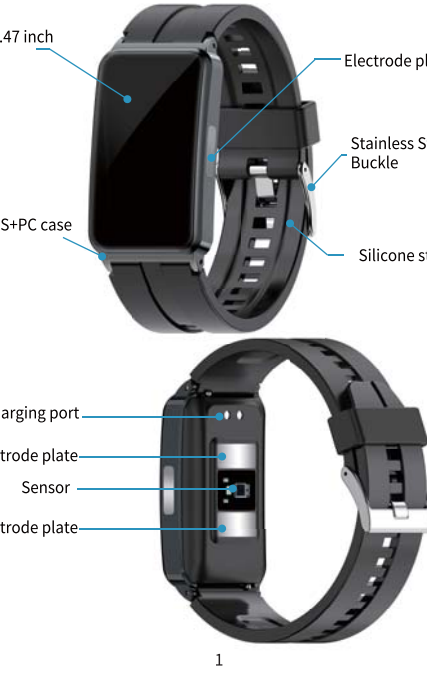
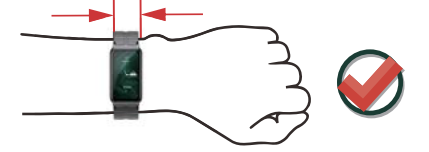
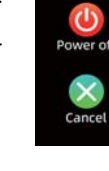
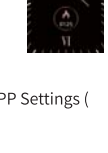
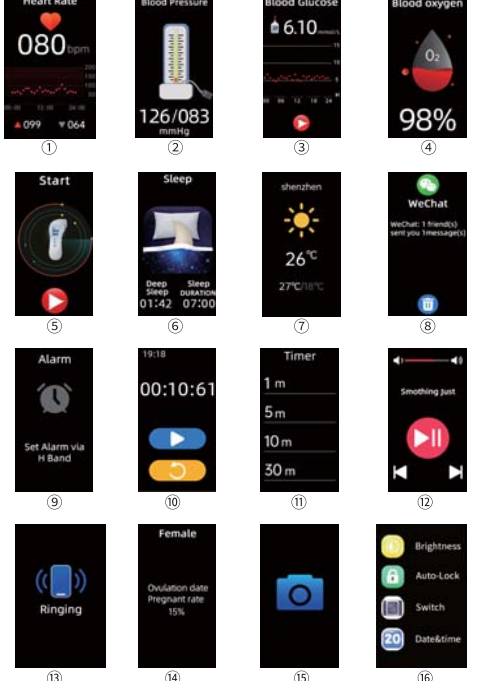
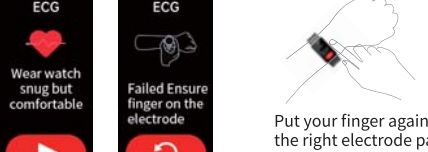
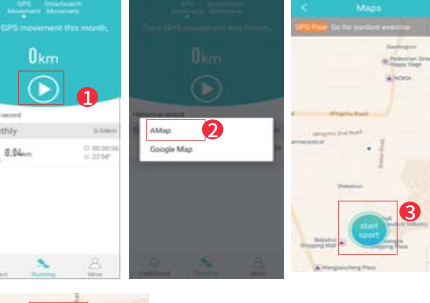
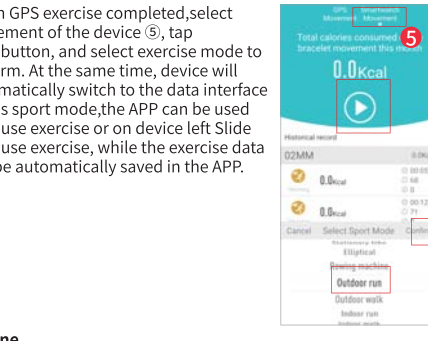
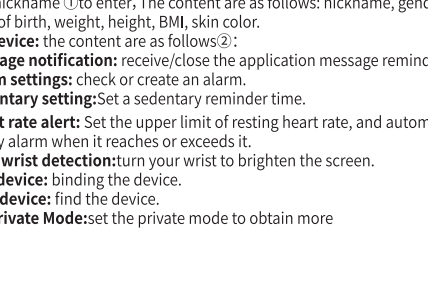
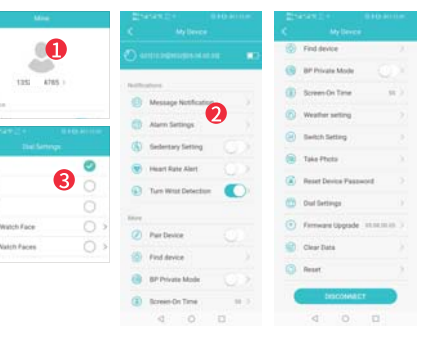


心电血压血糖智能手环  使用说明书	手环结构  1	拆装及佩戴 1. 拆装 将表带左端金属针对准手环连接处孔洞,拨动右侧金属球,并对准右侧孔洞即可完成安装及拆卸。 2. 佩戴 手环最佳配戴于手腕尺骨颈突后1-2CM处,配戴时请务必保证手环底部金属片,以免传感器漏光,影响测量的精准度。  充电 此款手环为磁吸式充电,只须对准充电接口,自动吸附即可。  2	开机 开机: 长按屏幕开机。 关机: 打开设置,找到关机。  3	安装APP及蓝牙连接 1. 打开手机,打开手机蓝牙,扫描下方二维码或在 App store / Google play store 搜索“H Band”APP 下载安装。  4	手表主界面操作指引  5	手表功能介绍 1. 时间,日期,周期 首次使用,请先与手机APP连接,以便同步正确的时间,日期,和周期。 2. 表盘切换 长按屏幕可以切换表盘样式。自定义表盘/图片表盘:请前往APP端设置(我→EP01→表盘设置)。  6	快速设置界面 3. 快速设置界面 时间主界面向下滑动进入下拉快捷界面,具体功能如下: 找手机/关于/设置/勿扰/亮度调节 4. 运动 功能界面,找到运动,具体如下: 户外跑步,户外步行,室内跑步,室内步行,徒步,徒步骑行,室内骑行,室内骑行,划船机等20种。 5. 计步 此界面会显示计步,卡路里消耗和距离数据。 6. 心率监测 切换到此界面,心率自动测量,心率图标开始闪烁,并出数据。  7
7. 血压监测 ② 切换到此界面,血压自动测量,血压图标开始闪烁,并出数据。 8. 心电图检测 切换到此界面,点击按钮进入心电图测试状态,将手指紧贴右侧电极片(请保证手环底部电极片紧贴手腕皮肤且保持皮肤湿润),直至显示出测试结果,手环上手动测试的结果不会保存到APP上,如需保存,请转至APP端开启心电图测试。  8	14通知 ⑧ 来电,短信,微信,QQ等消息推送,手环震动提醒。 15. 闹钟 ⑨ 当设置闹钟时间如图⑨ 展示,具体设置步骤如下: APP找到“我的”,点开手环“EP01”找到“闹钟设置”,点开左上角“+”进行设置,设置完成之后可在手表端展示。 16. 秒表 ⑩ 点击进入秒表使用界面,点击中间按钮即可开始或暂停,重可按重置键,从左右滑动可退出。 17. 计时器 ⑪ 在功能列表找到计时器,调整时间开始计时。 18. 音乐 ⑫ 当手环连接APP后,在手机上已安装音乐播放软件点击播放即可实现手表同步,点击中间播放/暂停按钮控制手机播放音乐。 19. 找手机 ⑬ 当手环连接APP后,在功能列表找到找手机,进入后处于查找中,手机将自动震动和响铃提醒。 20. 女性 ⑭ 保存个人信息为女性即可使用该功能,可根据个人情况设置。 21. 摄影 ⑮ 当手环连接APP后,在功能列表找到相机,进入后手机处于拍照界面,手环点拍照。 22. 设置 ⑯ 在功能列表找到设置,具体如下:屏幕亮度/亮屏时长/开关设置/日期与时间/H Band/表盘设置/消息设置/语音设置/关于设备/清除数据/关机。 9	APP界面及功能介绍 1. 数据面板 ①记录您当天的步数,时间;②更多操作有心率/血压/设置功能;可单次使用手机控制手表测量心率/血压;③记录当天运动的步数,距离,卡路里;④记录您睡眠时间,苏醒次数,入睡时间,苏醒时间,清醒时间;⑤记录您手表测量心率数据,可查看以往测试数据;有心率概览(最大值/最小值),运动量分布,心率预警开关;⑥记录您手表测量血压数据;⑦ECG心电图,记录您测量ECG数据;⑧记录您血液数据;⑨记录您HRV数据;⑩记录您体温数据;⑪记录您女性周期;⑫记录血糖数据  10	2. 运动 APP下方选择运动,进入GPS运动,点击开始按钮①,选择手机已安装的地磁软件②即可运动,点击开始运动③,当前GPS信号弱时,则移步至空旷地方,并实时显示当前运动数据,下拉停止当前运动④,并记录数据保存APP中。  11	当完成GPS运动后,可选择手环运动⑤,点击开始键,选择运动模式确认即可,同时手环会自动切换到该运动模式下的数据界面,可APP暂停运动或手环在滑动暂停运动,运动数据将自动保存APP。  3. “我的”设置 个人信息:点击头像及昵称①进入,内容如下:昵称,性别,出生日期,体重,身高,BMI,肤色。 我的设备:内容如下②: 信息提醒:可接收/关闭手机应用消息提醒。 闹钟设置:可查看或者新建闹钟。 久坐提醒:设置久坐提醒时间。 心率提醒:设置静息心率上限值,达到或超过时自动报警。 睡眠提醒:当手表监测时,转动手机亮屏。 绑定设备:绑定手表。 查找设备:查找手表。 血氧私人模式:设置私人模式,以获取更精准数据,针对个人有效,他人请使用通用模式。 亮屏时长:设置手环无操作下亮屏时间。 天气设置:设置温度单位/开启天气推送功能。 开关设置:心率自动监测/血压自动监测/血氧夜间监测/断连提醒/科学睡眠/体温自动监测。  12	拍照:连接蓝牙后,点击APP拍照后,手表即可控制手机拍照。 重置设备密码:重置手表密码。 表盘设置:可设置使用手表表盘(有表盘③),也可以选择“照片表盘”,(可自定义上传图片,自定义表盘上显示的功能),还可以选择“更多表盘”中的精美表盘。 固件更新:可查看当前手表固件信息和更新入口。 清除数据:清除手表所有数据并关机。 定位: 断开连接:断开手表与APP连接。  13	APP风格:设置APP背景风格。 关于我们:查看当前APP版本信息。 微信登录:绑定微信运动。 退出登录:退出当前账号登录。 参数 芯片:GR5515 显示屏:1.47英寸高清彩屏 材质:钢化玻璃/ABS+PC/硅胶 重量:26g 充电时长:2-3小时 电池容量:200mAh 防水等级:IP67 待机时长:15天 蓝牙版本:5.1 支持系统:iOS 8.0或以上 Android4.4或以上 注意事项 1. 测量前,请务必确认已在APP输入并保存正确的个人信息,如身高、体重、性别、年龄等,并同步手表。 2. 测量前静坐5-10分钟,保持心境平和,呼吸平稳。 3. 测量时请保持放松,如运动后气喘、说话、走动都会影响测量结果的准确性。 4. 保持正确的坐姿,手表平与心脏保持在同一条水平线上。 14	佩戴和保养 我们的产品非常适合全天候佩戴,因此您在佩戴以及护理您的智能设备时,请遵循以下简要指示: - 保持智能设备干燥: - 定期清洗您的手腕和所佩戴的智能手环/智能手表,特别是在运动、出汗、或者皮肤接触配电极消毒液等物质之后,这些物质可能会导致产品腐蚀,致使定位进行清洗。 - 保持正确佩戴产品: - 佩戴手环不要过紧,应可以在手腕部位来回移动。 - 如果您使用心率手环记录全天心率,手环应平放在尺骨以上一指宽的位置,为了在更连续的时间段内更好地查看数据,应将手环佩戴在尺骨以上大约2-3指宽的位置。 - 长时间的摩擦和束缚可能会刺激您的皮肤,因此长时间佩戴后,要取下手环给皮肤一段休息的时间。 - 保持智能设备清洁: - 如果您的设备变潮,比如出汗或遇水后,请将其清洗干净并晾干,然后重新佩戴,确保皮肤处于适宜于湿度情况下,然后佩戴手环/手表。 注:此手环数据仅供参考,不作为医疗数据。 15

ECG/Blood glucose/Blood pressure Smart Bracelet  User Manual	Device's structure  1	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.  Power on / off 2	Switch on: Long press the screen to power on. Switch off: On settings and find out switch off.  3	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.  4	Operation guide of the device function interface  5	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).  6	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.  7
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 oil 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.  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. 8	14. Notification ⑧ Synchronize incoming calls, text messages, QQ, WeChat and other application software messages, never missing any important messages anytime, anywhere. 15. Alarm 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 Find out timer in the function list,adjust the time to start timing. 18. Music 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. 9	APP functions and instructions 1. Dashboard ① Steps and time;② More (Heart rate / Blood pressure / setting); ③ Steps, distance and calories data interface;④ Sleep data interface;⑤ Heart rate monitoring data interface;⑥ Blood pressure monitoring data interface;⑦ ECG monitoring data interface;⑧ Blood oxygen monitoring data interface;⑨ HRV data interface;⑩ Body temperature data interface;⑪ Women's menstrual cycle data interface;⑫ Blood glucose data interface.  10	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 single is weak.  11	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 side 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: Alarm 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  12	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: BP 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.  13	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. WeChat: 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:200mAh 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 heart beat calm and breathing stable. 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. 14	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: - Keep the smart device dry: - 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. - Keep wearing the product correctly: - Please do not wear the device too tightly, should be able to move back and forth on the wrist. - 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. - Prolonged friction and restraint may irritate your skin, after a long time wearing, take off the device and give skin a rest period. - Keep smart devices clean: - 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 15

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.