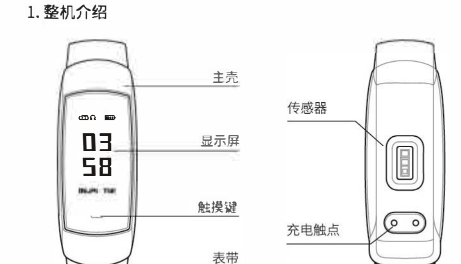
中文

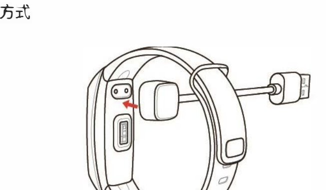
用 户 使 用 指 南

一、外观说明

1. 整机介绍



2. 充电方式



3. 包装清单

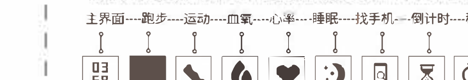
1、手环×1　2、充电器×1　3、包装盒×1　4、用户使用指南×1

二、初次使用说明

1. 设备功能界面介绍

设备开机后默认显示时间界面，按触摸键可以在不同的功能界面间切换。

主界面----跑步----运动----血氧----心率----睡眠----找手机----倒计时----秒表----关机



注：找手机、倒计时、秒表界面默认关闭，若需要可在APP的设置>开关设置里开启。

2. 软件下载

A：iOS 到APP Store搜索下载"H Band"；
B：安卓到Google Play、应用宝、豌豆荚等应用市场搜索下载"H Band"。

3. 连接设备

在APP的 设置 > 设备 界面下拉搜索到设备型号并连接，连接成功后在APP的"我的设备"下会显示设备型号V09，同时在设备上时间界面的左上角能看到蓝牙成功连接符号 ，若看到 符号表未连接成功，请重新操作。

4. 连接注意事项

1）确保手机蓝牙为开启状态；
2）确保设备电量充足，使用前请先开机或充电；
3）配对连接时确保设备离手机50cm以内；
4）安卓手机若在APP里搜不到设备，请在手机权限设置里检查是否允许"H Band"使用蓝牙。

三、主要功能介绍

★注意：为确保数据有效，请在APP的个人资料里输入真实的性别、身高、体重和肤色。

A. 开/关机
设备在关机状态下长按触摸键3秒开机，进入时间界面，持续5秒无操作后设备自动熄屏待机。
切换到设备关机界面 长按触摸键3秒关机。

B. 跑步模式
在跑步界面长按进入跑步模式，跑步模式下单击触摸键，可在实时跑步数据、暂停和退出三个页面之间切换，数据页面实时显示跑步时间、运动心率、跑步距离和卡路里，在暂停和退出页面长按触摸键可暂停和退出跑步。

C. 运动监测
在设备主界面点击一次触摸键进入运动监测界面，显示当前步数、距离以及消耗的卡路里，持续无操作5秒后自动熄屏待机。

D. 运动达标提醒
可在APP上设置一个运动目标值，当运动步数达到目标值后，设备会震动提示运动达标。

E. 血氧监测
设备端测量：在设备主界面下轻触触摸区切换到血氧界面，设备监测会实时显示血氧数据5分钟，监测过程中如显示0%SPO2，请检查佩戴姿势是否正确，设备传感器是否紧贴皮肤。
APP端手动测量：在APP的数据面板最下方点 进入血氧手动测试界面，连续监测并显示实时血氧值，直到手动暂停才停止监测。监测数据不会被保存。
血氧夜间监测：在APP端打开"血氧夜间监测"开关，设备将会在每天00:00-08:00自动监测血氧数据，实时监测，数据报告将会在APP数据面板中详细查看。
在数据面板中点击"血氧"模块进入到"分析数据"面板，面板中将会展示所佩戴日00:00-08:00的数据展示图、分析结果、主要指标、干预手段。
(1) 点击 图标，可查看每十分钟的数据，继续点击单个平均值，可详细查看每分钟的数据。

分析数据面板　每十分钟的数据　每分钟的数据

(2) 打开"血氧夜间监测"开关后，根据佩戴当天的夜间监测血氧数据，面板中"分析结果"这一栏中会展示报告结果，分为"正常"、"轻度"、"中度"、"重度"几个等级。
(3) 分析数据面板中，点击"主要指标"中的"更多"，对各项指标会有一个整体的报告展示，点击各项指标名称，可查看每项指标的名词解释、常见症状、治疗方法的详细说明。

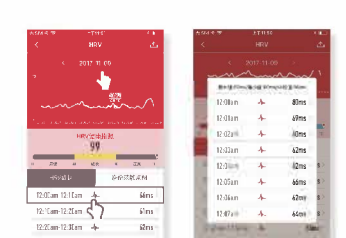
分析数据面板　各项指标的报告展示　名词详细说明

(4) 点击 图标，进入到分析数据图表报告面板，可查看包括"血氧/呼吸暂停"、"心脏负荷"、"睡眠活动"、"脉率变异性"、"呼吸率"、"低氧时间"几大模块图表报告，点击每项报告名称，又可查看相应的详细数据。

分析数据面板　图表报告　详细数据展示

(5) 打开"干预手段"中的"低氧唤醒"开关后，当设备监测到人体血氧持续过低，可能影响身体健康的时候，设备会震动提醒进行通知。
(6) 点击面板最下方的"呼吸暂停常识"，可查看"呼吸暂停综合症"知识问答。

F. HRV
如需了解在佩戴期间的"心率变异性"(即逐次心跳周期差异的变化情况，反映心率变化程度、规律，可以判断其对心血管活动的影响）可在APP端开关设置中，打开"HRV夜间监测"开关，设备将会实时监测佩戴当天00:00-08:00的HRV数据，参考指数可在APP数据面板中详细查看。
(1) 点开HRV数据面板，可查看HRV健康指数，根据监测的数据来判定用户是否处于异常，即疲劳、紧张或兴奋的生理状态，判定的指数正常时则表示用户处于较放松的状态。
(2) 在数据面板最上方选择佩戴的日期，则可查看当天HRV数据走势图。滑动走势图，可查看每十分钟的心跳周期差异平均值。
(3) 数据面板最下方可详细查看每分钟的HRV数据、洛伦兹散点图(对比相似洛伦兹散点参考图，点击查看每种图像的注释)。



当天HRV数据走势图　每分钟HRV数据

洛伦兹散点图　洛伦兹散点参考图　每种图像的注释

G. 疲劳度监测
在APP的数据面板最下方点 进入疲劳度测试界面，测试完毕后根据APP弹出的窗口选择是否保存测试结果。

H. 呼吸率监测
在APP的数据面板最下方点 进入呼吸率测试界面，测试时长为一分钟，测试过程中请保持正确的佩戴姿势，测试结果不会被保存。

I. 心率手动检测和自动监测
在设备主界面点击三次触摸键进入心率检测界面并开始检测，测得结果后会连续测量并显示实时心率值，无论是否测出结果，累计测试60秒后设备自动熄屏待机。在设备上测得的心率值不会被保存。
可在APP的数据面板界面最下方点 进入心率手动测试界面，可操作手动测试心率。在APP上操作的心率测试结果不会被保存。在APP端打开心率自动检测开关，设备会在24小时自动监测心率，每10分钟采集一次数据，每30分钟展示次数据。同步数据后测试结果可以在APP上查看详情。

APP测试模式　心率数据面板

J. 睡眠监测
在设备主界面点击两次触摸键进入睡眠监测界面，显示昨晚的总睡眠时间，持续无操作3秒后待机。

K. 找手机
保持"H Band"在手机后台运行，设备切换到找手机界面，长按触摸键，手机响应，注意保持手机为响铃模式。

L. 秒表
在APP端打开秒表开关后，设备端会有秒表界面，切换到秒表界面长按进入跑秒界面准备开始，按触摸键一次开始跑秒，再按暂停，再按继续，依次循环，长按退出跑秒。
注意：进入秒表界面后设备会临时屏蔽所有需要占用屏幕的提醒和推送功能，秒表的最大计时时间值为99分59秒。

M. 倒计时
在APP端的倒计时设置界面设定好时间后即开始计时，设备会在倒计时开始和结束时震动提醒同时屏幕显示沙漏标识。也可为高频事件设置快捷启动开关，可以在设备端切换到倒计时界面长按触摸键直接启动。

N. 闹钟及事件提醒
在APP端的闹钟设置界面可设置多组闹钟，并可设置闹钟的重复时间，设备会相应提醒。更可为未来某天的重要事情单独设置事件提醒并添加标签，设备会在设置的日期时间点发出震动同时屏幕上显示标签。

闹钟设置界面　编辑闹钟界面

O. 信息提醒/推送
有新的信息时，设备会震动提醒并显示消息内容；
对应的消息显示对应的图标（注：请先在APP打开提醒开关）。

P. 来电提醒
来电时设备会持续震动提醒，短按触摸键静音，长按触摸键拒接。

Q. 久坐提醒
本功能需先在APP端打开并设置，当设备检测到佩戴者在坐着或相对静止状态的持续时间到达设定值时，震动提醒该起来活动了。

R. 心率报警
在APP上把心率报警开关打开并设置好心率上限值，当设备检测到的心率值等同或高于设置值时会震动提醒并在屏幕显示 。

S. 遥控拍照
通过APP进入拍照界面，快速晃动手腕遥控手机拍照。

T. 防水
本品防水等级为生活防水，洗手、下雨、冷水淋浴可以佩戴。
注：请勿跳水、潜水、浸泡、热水淋浴。

U. 低电状态
在手环电量过低，低电提醒时，为避免电量耗电过快而影响使用，心率、血氧、睡眠的监测功能将会自动屏蔽。

四、注意事项

1. 禁止使用充电电压>5V，充电电流>2A的适配器，充电时长90分钟；
2. 禁止在有水渍的情况下充电；
3. 禁止浸泡、游泳、潜水、跳水、热水淋浴；
4. 本品为电子监测产品，不作为医疗参考，数据仅供参考；
5. 光电传感器属高敏感元器件，要小心硬物碰伤。
佩戴一段时间可能会有汗渍、灰尘附着在表面可用软布定期清洁。

五、常见问题

Q：升级失败如何处理？
A：如果初次升级失败，请在app重新连接"Dfulang"的设备，系统会自动提醒升级。

Q：心率（睡眠）测试为什么不准？
A：首先手环设备是通过电子传感器来监测人体活动的，属于消费级产品，出现一定的误差属正常现象，请客观对待数据。

Q：在哪里设置APP权限？
A：安卓手机-设置-权限管理-找到"H Band"应用-设置信任此软件。
1. 如果手机安装了安全管理类或清理加速类的应用，请将"H Band"设置为白名单（信任名单）；
2. 在手机系统的权限管理程序里，请将"H Band"设为信任应用，来电显示等功能需要获取权限来实现功能。

Q：如何设置时间显示方式？
A：设备同步手机的时间显示方式，手机设置为12小时制则设备显示为12小时制。

Q：如何重置密码？
A：在睡眠界面长按触摸键6秒，手环震动一次后恢复连接初始密码"0000"。

六、基本参数

主控芯片:	NORDIC 52832
光电传感:	OSRAM SFH7060
主体重:	32.1g
数据传输:	蓝牙4.0
电池类型:	聚合物锂电池
电池容量:	150mAh
充电电压:	5V
充电电流:	100mA
工作温度:	-5~45℃
防水:	生活防水

设备要求：Android 4.4及以上，手机蓝牙4.0
iPhone 4S及以上，iOS 8.0以上

FCC Warning:
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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

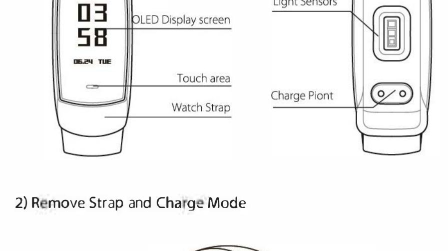
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

英文

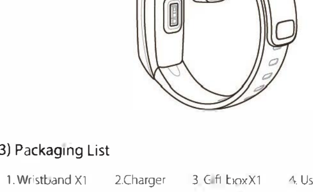
User Instructions

1.Description of appearance

1) Product Instructions



2) Remove Strap and Charge Mode



3) Packaging List

1. Wristband X1　2.Charger　3. Gift boxX1　4. User manual X1

2.Initial Use Instructions

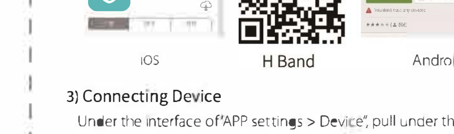
1) Introduction of equipment functional interfaces

The default display after turning on the device is time interface. Press the touch area and user can change between multiple functionalinterfaces.

Tips: Find phone, the countdown, and thestopwatch interface are closed by default. User need to restart thosefunctions throughAPP settings> My device>Switch settings

2) Software Download

A. Search "H Band" in APP Store for iOS users;
B. Search "H Band" through Google Play, Ying Yong Bao, Peasecod for Android users



iOS　H Band　Android

3) Connecting Device

Under the interface of'APP settings > Device', pull under the interface and find Equipment Model. After successfully connecting the device model, "V10" will be shown under the list of "My Device" in the APP. Also in the left top of the device the sign " " will be present. Please reconnect if the sign " " is showing.

4) Connection and Matching Notifications

a) Make sure thephone Bluetooth is turned on;
b) Make sure the device has a full battery and is turned on or charged before using.
c) Make sure the device is within 50cm range while connecting with the phone;
d) If Android phone cannot find any device through APP, please check if it allows"H Band" to use Bluetooth in the Phone Permission Settings;

3. Introduction of Main Functions

★Attention: To ensure the data is valid, please input the right sex, height, weight and color of the skin through APP personal information.

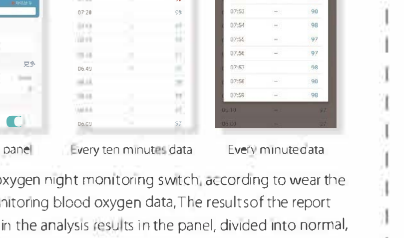
A. Starting Up/Shutdown
To start up the device, press the touch area for 3 seconds. The device will enter into the Time Interface. After no manual operation for 5 seconds, the device will go into standby mode.
Switch to Device Shutdown Interface and shutdown the device by pressing the touch area for 3 seconds.

B. Running Mode
On the running interface, long press to enter into running mode. While in running mode, to change between realtime running data, and pause and exit screens, click the area. Data screens display running time, heart rate, running distance, and calories in real time. While in the pause and exit screen, long press to pause or exit running mode.

C. Motion Monitoring
Enter the Motion Monitoring Interface by pressing the touchkeythrough the main interface. Then the device displays the current number of steps, distance and consumed calories. The device will enter into standby mode after no manual operation for longer than 5 seconds.

D. Sports reach standard remind
You can set a sports target value on your APP, When the number of moving sports reaches the target value, the device will vibrate reminder.

E. Oxygen saturation monitor
Device side measurement: Touch the touch area under the main interface of the device, switch to the interface of blood oxygen, equipment monitoring data real-time display blood oxygen data for 5 minutes, if the monitoring process shows 0%SPO2, please checkwhether the wearing a posture is correct, is the device sensor Close to the skin?
APP Manual Measurement: At the bottom of the APP's data panel, Into the blood oxygen manual test interface, continuously monitor and display the real-time blood oxygen value, until Click pause to stop monitoring. Monitoring data will not be saved.
Blood oxygen monitoring in the night: Open blood oxygen night monitoring switch in APP.The device will automatically monitorthe blood oxygen data at 00:00-08:00 every day, real-time monitoring, and the data report can bedetailed in the APP data panel.In data panel click on the blood oxygen analysis module into the data panel,The panel will display data from 00:00 - to08:00, the resultsof the analysis, main indicator, interventions.
(1)click icon, You can view every ten minutes of data, Continue clicking on a single average, You can look at each minute of data.



Analysis data panel　Every ten minutes data　Every minute data

(2)Open the oxygen night monitoring switch, according to wear the day night monitoring blood oxygen data, The resultsof the report are displayed in the analysis results in the panel, divided into normal, mild, moderate, severe several levels.
(3) The analyze data panel, clickon main indicators the "more", The indicators will have an overall presentation. Click on the each indicators, You can view the noun interpretation, common symptoms and treatment methods of each indicator.

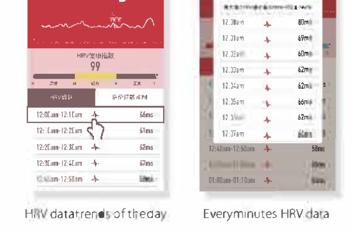
Analysis darapanel　The report of the indicators　Glossary

(4) Click icon, Enter the analysis data panel, To view about the blood oxygen/apnea, cardiac load, sleep activity, pulse variability, respiratory rate, low oxygen time several big module chart report, click on the name of each report, and to view the corresponding detailed data.

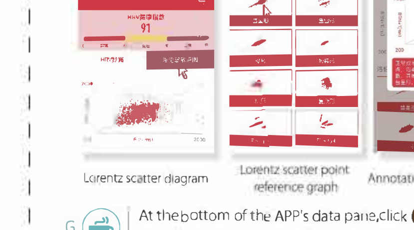
Analysis data panel　The chart report　Detailed data display

(5) Turn on the "hypoxic wake" switch on "intervention", When the equipment detected the blood oxygen continues too low may be affect your health, the equipment will vibrate the reminder for notification.
(6) Click at the bottom of the panel "breath pauses common sense", Can see the "apnea syndrome" related content.

F. HRV
If you need to know wear time "heart rate variability" (According to the changes of each cycle of heart rate, reflecting the degree of heart rate changes, law, you can determine its impact on cardiovascular activity) In the app settings, Open the HRV night monitor switch, The equipment will monitor the HRV data from 00:00-08:00 in real time, the reference index can be viewed in detail in the APP data pane.
(1) Open the HRV data panel, you can viewthe HRV health index, based on the monitoring data to determine whether the user is abnormal. Fatigue, tension, or excitement, The exponent is normal, indicating that the user is in a relaxed state.
(2) Select the date on the data panel to wearthe bracelet, can check out the daily HRV data charts. Sliding HRV data charts, can see the average difference in heartbeatcycles per 10 minutes.
(3).At the bottom of the data panel, you can lookat the HRV data for each minute, Lorentzscatter diagram(Compare the same lorentz scatter reference graph and click the comment for each image).



HRV datatrends of theday　Everyminutes HRV data

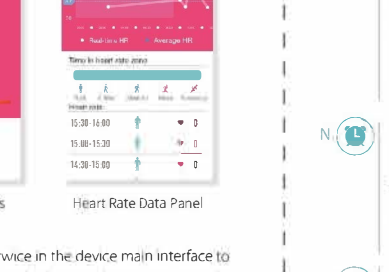


Lorentz scatter diagram　Lorentz scatter point reference graph　Annotations for each image

G. At the bottom of the APP's data pane,click enter into the fatigue test interface,After the test, select whether or not to save the test results according to the popup window.

H. At the bottom of the APP's data pane,click enter into the respiratory rate test interface. The test duration is one minute. Please maintain the correct posture during the test. The test results will not be saved.

I. Manual Heart Rate Test and Automatic Monitoring
Press the touch area 3 times in the device main interface to enter into the Heart Rate Monitoring Interface. The device will continuously capture data and will present those results constantly on the screen. After accumulating data for 60 seconds, the device will enter into standby mode and this is not dependent upon receiving results to the test. The data tested through the device will not be saved.
User can find the Heart Rate icon at the bottom of the APP interface. Tap the icon and the device enters the manual Heart Rate Test Interface. While in this mode, the user can use the device to testtheir heart rate manually. The data tested through the device will not be saved.
Turn on the button for the 24 hours Automatic Heart Rate Test through APP, then the device will automatically capture the heart rate of the user every ten minutes and will present captured data every 30minutes. After syncing, test results and details will be presented through the APP.



The APP Test Modes　Heart Rate Data Panel

J. Sleep Monitoring
Press the touch area twice in the device main interface to enter into the Sleep Monitoring Interface. Then the device displays overall Hours of Sleep for last night,and itwill enter into standby mode after no manual operation for 3 seconds.

K. Phone Tracking
"H Band" must be running in the background on the phone to use this feature. To track their phone, the user must turn the device Mode to "seek phone" A long press on the touch area will cause the phone to respond.

L. Stopwatch
The stopwatch can be switched on using the Stopwatch function in the APP Once it is turned on, the device will go into Stopwatch mode. While the stopwatch is running, tap on the touch area to pause or continue the count. Another long press stops the count.
Attention: While in stopwatch mode, all rest reminders and pushes notifications will be temporarily blocked. The maximum time-count reaches up to 99 min 59 sec.

M. Count-Down
After setting the Count Down Mode the count-down begins. A sand clock will display on the device screen, and the device will vibrate both when count-down begins and finishes. A quick start switch can also beset for high frequency events. A long hold on the touch area will initiate the Count Down quick start.

N. Alarm Clockand Events Reminder
Multiple alarms can be set through "Settings" in the APP. Snooze reminders for the alarms can be set within the APP. This function can also add tags for important things which happening in the future. When set time arrives, the device will vibrate and show those tags.

O. Notifications/Pushes
When a new message arrives, the device vibrates and the screen shows relevant notifications and corresponding icons.
Attention: please switch on APP notifications first; Relevant communication tools should be set to allow contents to be shown on the device screen.

P. Call reminder
The device will remind you with vibration when you have a coming call.Short press to mute, long press to reject the call.

Q. Sedentary reminder
This function can be turned on using the APP. The user can set a time value for the warning. When the device detects that the user has sat or kept still for the set time limit, the device will vibrate to remind the user to move around.

R. Heart Rate Warning
Using the APP, the user can choose to turn on the heart rate warning and preset the upper limit of their heart rate. If the device detects that the user's heart rate has reached or exceeded the preset value, it will vibrates and display the following icon on the device screen .

S. Remote Photograph
To use the device to take a remote photograph, the user can turn on the Camera Mode in the APP, then quickly shaking the waist.

T. Waterproof
This device is life waterproof and suitable for hands washing, rain or cold shower, not suitable for plunge, dive or soak.

U. Low power state
When the bracelet is too low, to avoid power consumption too fast and influence use, the monitoring function of heart rate, blood oxygen and sleep will be automatically blocked.

4. Notes

1) Do not use a charger with a current greater than 5V2A. Charging time is 90 minutes;
2) Do not charge if the device is water damaged;
3) Do not wear this device while you are washing hands, doing strenuous exercise or when it is raining.
4) This is an electronic monitoring product; data received from it cannot be used as medical reference and is for reference only;
5) The photoelectric sensor is a highly-sensitive component, and should be careful not to be damaged by hard objects. The device may be sweat stained or have dust attached after wearing it for a period of time. User can use soft cloth to clean regularly.

5. Q&A

Q: What if the update fails?
A: If the initial upgrade fails, please reconnect the device "Dfulang". The system will automatically begin the update.

Q: Why is the sleeping heart rate test result inaccurate?
A: Wearable devices monitors human activities through electronic sensors,and they are at the consumer electronics level. It's normal for certain deviation. The user should treat data objectively.

Q: Where to set APP permissions?
A: Android Phone – Settings – Find "H Band" Application – Set to "Trust this software."
1. If the phone has a Security Management or Clean Up APP, please add the "H-Band" application to the White List (Trusted List).
2. In System Settings, under Permission Manager, set "H Band" as a trusted application in order to allow phone calls and incoming messages to be shown on the device display.

Q: How to set the time display?
A: The device will match the time display format of the phone when synced.

Q: How to reset the password?
A: Long press the touch area for 6 seconds while in the Sleep mode. The device will vibrate and the password will be restored to "0000."

6. Specifications

Chipset	NORDIC 52832
Sensor	OSRAM SFH7060
Weight	32.1g
Data Transfer	Bluetooth 4.0
Battery	Polymer Lithium
Volume of Battery	150mAh
Charging Voltage	5V
Charging Current	100mA
Working Temperature	-5℃-45℃
Waterproof	Yes (Life waterproof)

Device Requirement: Android 4.4/above, Bluetooth 4.0;
iPhone 4S/above, iOS 8.0/above;