



B3I

Instruction manual



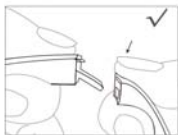
包装清单:

手环、表带、说明书。

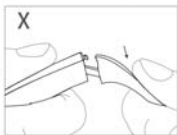
B31表带拆装佩戴图:



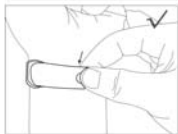
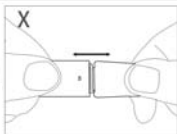
请握紧表带头装配



装



拆



戴



手机下载 APP:

扫描下图二维码或“应用宝”搜索“H Band”，即可下载，并注册账号。

(APP 兼容蓝牙 4.0、安卓 4.4、IOS8 以上系统的智能手机)



注册:

新用户注册或无账号登录时，APP 将自动引导用户选择肤色、个人信息等。为确保测试数据的准确性，用户请选择与自身肤色相近颜色、填写正确的年龄、身高等个人信息，避免心率、血氧、HRV（心脏健康指数）测试数据有误差。



激活与绑定手环：

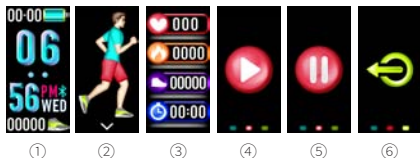
长按手环触摸按键 5 秒开机后，打开手机蓝牙，第一次进入“H Band”APP, 将自动引导您绑定手环，或在主界面点击“点击连接设备”。



规格参数：

产品名称	B31
显示屏	0.96 英寸 IPS 彩屏
产品尺寸	39.5*19.8*11.4mm
镜片材质	PC 金属拉丝质感
加速传感器	罗姆 3 轴
光电传感器	欧司朗 3 灯
电池容量	140mAh
待机时间	≥ 480 小时
蓝牙	4.0 BLE
防水	IP67 生活防水

手环功能介绍：



开机：在关机状态下，长按触摸键 5 秒开机，然后进入主界面①。长按进入查询蓝牙地址和软件版本界面。在 APP 的“主界面风格设置”可选择个性化主界面。

1、循环触摸按键至运动界面② (gif)，在运动界面长按 3 秒进入运动模式，(运动模式下有四个界面，运动模式主界面③、暂停界面④、继续界面⑤、退出界面⑥)。运动模式主界面开始记录运动时长、计步、卡路里、运动心率。此界面 6 秒无操作会自动退回到主界面并显示 1 秒后息屏，再次触摸点亮或翻腕亮屏，界面依然保留在运动模式主界面。单点切换到继续界面⑤，在继续界面长按 3 秒暂停运动模式，此时手环震动一下，并显示暂停界面④，长按 3 秒暂停界面④，运动模式恢复正常。点击切换到退出界面⑥，长按 3 秒退出运动模式，运动数据清零。

2、循环触摸按键至计步界面⑦ (gif)，显示当前步数。用户可通过 APP 来设置计步达标值。水晶柱进度条根据用户设置的达标值逐渐增高。当用户达到运动目标设定值，手环亮屏出现 ⑧ (gif) 震动，计步达标值出厂默认值是 10000 步。(计步界面长按 3 秒可以切换界面。如下图：

计步界面 → 切换后界面



长按



⑦

⑧

备注：卡路里、心率与计步界面切换操作相同。



⑨



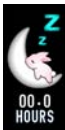
⑩



⑪



⑫



⑬



⑭

- 3、循环触摸按键至距离界面⑨ (gif)，显示当前运动距离。
- 4、循环触摸按键至卡路里界面⑩ (gif)，显示当前消耗卡路里，卡路里水晶柱进度条的显示会根据用户设置的运动达标值逐渐增高显示。(长按触摸键可以切换界面)
- 5、循环触摸按键至血氧界面 ⑪，设备会用时 3 秒进行校准，校准完毕开始检测血氧数据，并实时监测血氧数据 5 分钟（含校准时间）然后息屏。当佩戴检测不通过时，设备会不出数据并息屏，需检查佩戴是否正确，设备传感器是否紧贴皮肤没有漏光。
- 温馨提示：影响血氧测量值不准确的因素如下：
- a、血管染色剂或外部着色品，如指甲油或带色护肤品。
 - b、如摆动手臂或运动。
 - c、传感器放置不到位，产生半影效应。
 - d、温度降低引起的血管收缩。
 - e、室内强光干扰。
- 6、循环触摸按键至心率界面 ⑫ (gif) 并开始测量，测试 20 秒左右显示心率值并且会不断变化，无操作累计 60 秒后自动熄屏。(长按触摸键可以切换界面)
- 7、循环触摸按键至睡眠界面 ⑬ (gif)，显示昨晚睡眠时长。

8、关机：循环触摸按键至关机界面后 ⑭，长按触摸键 5 秒关机。

【进入任意界面持续无操作 5 秒，手环自动熄屏。】

APP 数据面板：

1、数据面板显示，运动步数、睡眠质量、心率、血氧、HRV（心脏健康指数）等，点击数据面板任何一项曲线图都会进入详细的记录界面。



2、点击数据面板中“血氧”可查看血氧“分析数据”，面板中将会展示所佩戴日 00：00- 到 07：00 的数据展示图、分析结果、主要指标、干预手段。（如下图①）

2.1 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。（如下图②、③）



①

Figure ② shows a detailed view of the '主要指标' (Key indicators) table. The table has columns for '指标名称' (Indicator name), '单位' (Unit), '当前值' (Current value), and '平均值' (Average value). The data is as follows:

指标名称	单位	当前值	平均值
指标名称1	%	99%	
指标名称2	%	99%	
指标名称3	%	99%	
指标名称4	%	99%	
指标名称5	%	99%	
指标名称6	%	99%	
指标名称7	%	99%	
指标名称8	%	99%	
指标名称9	%	99%	
指标名称10	%	99%	

②

Figure ③ shows another detailed view of the '主要指标' (Key indicators) table. The data is as follows:

指标名称	单位	当前值	平均值
指标名称1	%	99%	
指标名称2	%	99%	
指标名称3	%	99%	
指标名称4	%	99%	
指标名称5	%	99%	
指标名称6	%	99%	
指标名称7	%	99%	
指标名称8	%	99%	
指标名称9	%	99%	
指标名称10	%	99%	

③

2.2、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。



Figure ⑤ shows a detailed view of the '主要指标' (Key indicators) table. The table has columns for '指标名称' (Indicator name), '单位' (Unit), '当前值' (Current value), and '平均值' (Average value). The data is as follows:

指标名称	单位	当前值	平均值
指标名称1	%	99%	
指标名称2	%	99%	
指标名称3	%	99%	
指标名称4	%	99%	
指标名称5	%	99%	
指标名称6	%	99%	
指标名称7	%	99%	
指标名称8	%	99%	
指标名称9	%	99%	
指标名称10	%	99%	

Figure ⑥ shows another detailed view of the '主要指标' (Key indicators) table. The data is as follows:

指标名称	单位	当前值	平均值
指标名称1	%	99%	
指标名称2	%	99%	
指标名称3	%	99%	
指标名称4	%	99%	
指标名称5	%	99%	
指标名称6	%	99%	
指标名称7	%	99%	
指标名称8	%	99%	
指标名称9	%	99%	
指标名称10	%	99%	

3、点击 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。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，心跳周期差异平均值。



3.1、点击“HRV 数据”可查看每十分钟的心跳周期差异平均值、洛伦兹散点图（对比相似洛伦兹散点参考图，点击查看每种图像所对应的健康问题）。



4、数据面板最下方  点击进入血氧手动测试界面，并显示校准进度，达到 100% 时开始检测血氧数据，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。当佩戴不通过时，会停止测量。

5、在 APP 的数据面板最下方点击  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。

APP 功能设置：设置 - 我的设备 -B31- 点击进入：



①



②



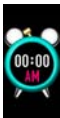
③



④



⑤



⑥



⑦



⑧



⑨



⑩



⑪



⑫

1. 信息提醒点击进入：来电、短信、微信、QQ、Facebook、Twitter 等消息提醒开关模式。APP 端连接手环蓝牙后，打开自己需要提醒选项工具，APP 在连接手环状态下，即可提醒。

1.1、来电提醒：

APP 端连接手环蓝牙后，当手机来电时，手环端会显示来电的电话号码（如手机通讯录有人名则显示人名）和来电图标①，同时手环端会震动，触摸一下手环按键可令手机静音②，如持续不接电话，手环端会一直持续显示来电号码和图标，直到来电接听或拒接，长按手环 3 秒可直接挂断电话③。

1.2 短信提醒：

APP 端连接手环蓝牙后，短信提醒时显示人名及内容④，且振动 1 下，页面显示内容触摸可进行翻页查看。

1.3 消息通讯工具提醒：

微信、QQ、facebook、等通讯软件，当接收该通讯工具消息时，显示界面（⑤微信为例）显示人名及内容且震动 1 下（读取以触发按键为准，熄屏没读取则为未读消息，手环有未读消息，触发按键首先读取消息，读完回到主界面）。

2、闹钟设置：

APP 端连接手环蓝牙后，在 APP 端进入“闹钟设置”，点击“+”，设置对应的闹钟时间、日期、标签，然后点击“”闹钟设置成功，可以设置 20 组；当闹钟提醒时，手环端界面会显示闹钟标签⑥ (GIF)，且震动 10 下，触摸可关闭闹钟。

3、久坐提醒：

APP 端连接手环蓝牙后，在 APP 端进入“久坐设置”，

设置久坐起始时间和结束时间、多久提醒时间，当手环检测到在设置的时间段达到设置的久坐时间时，手环界面会显示久坐图标⑦且震动 2 下。

4、转腕亮屏：

APP 端连接手环蓝牙后打开转腕亮屏按钮，在 APP 端进入“转腕亮屏”可以设置转腕亮屏时间段与转腕亮屏灵敏度。

此功能体现：待机状态时，抬手翻腕可唤醒手环亮屏，进入主界面。

5、绑定设备：

在 APP 端，有账号登录的情况下，打开“绑定设备”开关，将上传手环前两天和现在的数据，无账号登录时，该功能打开也不会上传数据。

6、开关设置点击进入 - 佩戴检测、心率自动监测、秒表功能、血氧夜间监测、断连提醒。

6.1、佩戴检测：

APP 端连接手环蓝牙后，打开“佩戴检测”开关，手环佩戴过程中会对人体进行佩戴检测，如判定为不是佩戴状态，所有检测功能都会自动关闭，无数据，以避免误测数据。

6.2、心率自动监测：APP 端连接手环蓝牙后，打开“心率自动监测”开关，手环心率值每 30 分钟上报 APP 一

次，开关关闭时，手环底部传感器灯不亮，不会测量数据，APP 和后台都没有数据。

6.3、秒表：

APP 端连接手环蓝牙后，打开“秒表功能”开关，手环端会出现秒表界面⑧（常驻界面，秒表上的数字均为零）；手环切换到秒表界面下，长按 3 秒开始秒表计时，秒表上面的按钮红色会亮起⑨，然后触摸一下秒表的数值开始计时，再次触摸一下暂停，在暂停状态长按 3 秒退出（退出之后秒表界面的数值均为零）。

APP 端秒表功能开关关闭时，手环端不会出现秒表界面。

6.4、血氧夜间监测：

APP 端连接手环蓝牙后，打开“血氧夜间监测”开关后，设备将会在每天 00：00-07：00 自动监测血氧数据，开关关闭时，手环灯不亮，不会测量数据，APP 和后台都没有数据。

6.5、断连提醒：

在手环与手机 APP 正常连接状态下，当手机离开手环安全距离时，手环会持续震动提醒遗失。

7、拍照：

在 APP 端进入到我的设备，点击“拍照”功能，手机直接进入拍照模式，手环端出现拍照图标⑩，摇一摇手环（或点击手环触摸按键），手机端自动拍照；点击手机返回按键退出拍照模式。

8、倒计时：

APP 端连接手环蓝牙后，在 APP 端进入“倒计时”界面，点击“界面显示”，设置单次倒计时的时长，点击确定，手环端亮屏，开始出现倒计时图标 ⑪ (gif)，亮 5 秒后熄屏，同时 APP 端倒计时数值开始进入倒计时，倒计时结束后，手环端显示倒计时图标且震动 3 下。

9、重置设备密码：

为避免手环被他人连接，可在 APP 端设置密码，打开重置设备密码进行设置，初次使用时默认旧密码为：“0000”，然后再输入新密码，点击“重置密码”即可完成密码设置（密码设置成功手环需重新绑定）。如需更改密码，旧密码为前一次设置的新密码。如密码忘记，可在手环端睡眠界面长按 6 秒且手环会震动一下进行清除密码，此时设备密码恢复默认密码为：“0000”，APP 再次连接手环时，无需输入密码就可连接。

10、固件升级：

当该手环设备程序有新版本更新时，连接 APP，会提示固件更新。

a. 升级失败手环黑屏，需重启 APP 和手机蓝牙，打开 APP 重新绑定设备（苹果手机需在手机设置里面忽略蓝牙设备），蓝牙搜索手环设备名称为“DfuLang”，并绑定连接，重新升级即可。

b. 如屏幕显示“×××”，表示手环软件程序已丢失，

请联系客服返回售后处理。

11、清除数据：

APP 端连接手环蓝牙后，点击“清除数据”此操作会清除手环所有数据并关机，设备密码恢复为：“0000”

常见问题：

一、手环绑定失败处理方式：

- 1、绑定时需要开启手机蓝牙、GPS 定位功能、手机网络。
- 2、检查手机设置蓝牙界面是否已经配对，如已配对请先解除配对，手环关机重启，重新通过 APP 搜索绑定。

二、手环绑定后蓝牙频断处理方式：

- 1、蓝牙频断是因为 APP 后台运行被手机智能省电管家关闭了，可以通过手机设置界面找到电池管理，设置为 APP 允许后台运行。
- 2、为避免手动清理掉”H Band“后台运行，请在后台把”H Band“锁住。

三、手环无消息通知显示处理方式：

- 1、检查 APP 我的设备里通知消息功能开关是否开启。
- 2、检查 APP 通知使用权是否开启，如果是安卓手机，点 APP 通知界面右上角问号进去开启即可。
- 3、检查手机设置里通知管理里对应的 APP、微信、QQ

等是否开启允许通知。

4、检查聊天软件自身设置新消息通知是否开启，内容显示是否开启。重新设置好之后建议手环关机重启重新绑定即可。

四、无法充电或者电池不耐用：

1、充电时将手环带有金属一端插在 USB 充电头上或电脑上充电，注意不要插反。

2、充电时手环显示电池图标即为充上电，未显示请检测是否没插到位或者插反，建议选择 5V、1-2A 充电头，充电时长控制在 2-3 小时内为佳，避免充时间过短影响续航或者充过久影响电池使用寿命。

注意事项：

1、低电：电池低电时，主界面小电池图标会闪烁，电池电量耗尽之后手环熄屏关机，再次长按 5 秒开机时会显示低电大图标，并闪烁，显示时长 3 秒，闪烁 3 至 5 次，然后熄屏关机。此时进行充电，手环界面会自动开机。

2、充电：开始充电时，显示充电进度图标 ⑫ 5 秒 (gif) 后熄屏，当需要查看时，触碰手环会再次亮屏 5 秒后熄屏。充电过程中单点可以进入主界面。

3、温度超过 60 度以上过高的充电环境可能会导致设

备过热、变形。

4、本设备使用内置电池，禁止自行拆卸，请不要发生摔落、碰撞、挤压、穿刺或切割等行为。

5、请不要佩戴该设备游泳、潜水，不要在水下操作本设备。

6、电池破裂、泄漏时，请避免与眼睛、皮肤接触。情况发生时请不要揉搓，立即使用清水冲洗并去医院检查。

7、电池损坏或已老化。温馨提示：请按照当地的法律法规处置电池，本设备电池是聚合物锂电池不可作为普通生活垃圾处理。

重要提醒：

本产品不是医疗器械，血氧、心率、心脏健康指数等健康数据可供参考。本产品不用于诊断、治疗，但可有预防效果，如身体本身有异常状况，请及时就医。

保修条款：

为了维护您的权益，请仔细阅读本保修条例，您将享受

到我司提供的售后服务。

一、为给您提供更好的售后服务，我司承诺：

1. 自购买之日 7 日内，若产品出现质量问题，您可以选择退货或换货。

2. 自购买之日 15 日内，若产品出现质量问题，您可以选择换货。

3. 自购买之日一年内，若产品出现质量问题，我司将提供免费修理。送修时，请将保修凭证（含保修卡、发票）及产品寄往我司生产基地。退、换货时，请与销售商联系，并保持产品及配件，随机资料、配件的完整。

二、在保修期内，有以下情况之一，我司将不提供免费保修服务：

1. 人为引起的故障，包括：因使用、维护、保管不当或不按照说明书操作而引起的故障；自行拆装产品或非我司生产基地的修理而引起的故障。

2. 因不可抗拒因素（如火灾、水灾、地震、雷击等）引起的故障。

3. 无法提供保修凭证或擅自修改保修凭证等。

保修卡：

客户名称		联系人	
购买日期		联系电话	
产品名称		产品型号	
客户地址			
维修记录 			

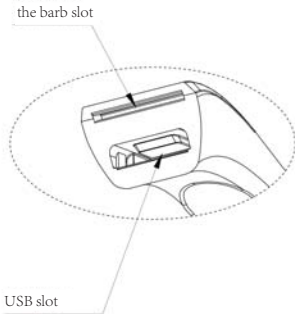
man-

Instruction

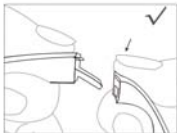
Packing list:

Bracelet, strap, manual

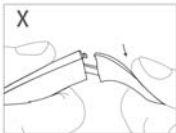
B31 Strap disassembly; wearing schematic:



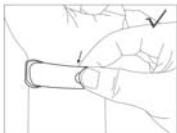
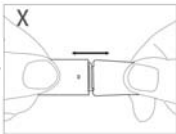
Please hold the watch
head when assembly



Assembly



Disassembly



Wear



1. Download APP on mobile phone:

Search the "H Band" on "Google Play" and "App Store" or scan the below QR code to download the app ;



Google Play



App Store

(APP is compatible with Bluetooth 4.0, Android 4.4, iOS8 or later.)

2.Registration:

When a new user registers or has no account to log in, app will automatically guide the user to choose skin color, personal information and so on. To ensure the accuracy of the test data, the users should choose the color which is similar to their own skin color, fill in the correct age, height and other personal information to avoid error in test data of HR, Blood Oxygen & HRV.



Activation and binding:

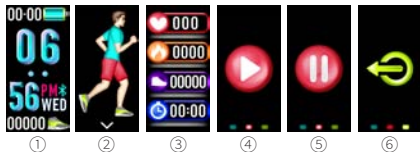
Long press 5 seconds to power on. Open the phone Bluetooth, APP will automatically guide you to bind the bracelet when you enter "H Band" at the first time or click "click to connect device" on the main interface.



Specification parameter:

Product model	B31
Display	0.96' IPS TFT Colorful screen
Product size	39.5*19.8*11.4mm
Lens material	PC brushed metal texture
Acceleration sensor	ROHM 3 axis
Photoelectric Sensors	Osram 3 lights
Battery capacity	140mAh
Standby time	≥ 480 hours
Bluetooth	4.0 BLE
Waterproof	IP67 water resistant

Bracelet main functions:



Power on: long press 5S to enter into main interface ① in the state of power off. Long press to enter interface to view Bluetooth address and software version. Select the different main interfaces in the "Settings of main interface style" of the APP.

1. Press touch button to sports interface ② , and press 3S to enter sports mode. (There are four interfaces in the sport mode, the main interface of sports mode ③ , pause interface ④ , continue interface ⑤ and exit interface ⑥). Main interface of sports mode begins to record the duration of exercise, steps, calories, and exercise heart rate. If there is no operation in 5S at this interface, it will automatically return to the main interface and the screen is off after 1S. When turning it on again or wrist-up display light, the display remains in the main interface of sports mode. Switch to the continue interface ⑤ with a single touch, long press 3S to pause sports mode. At this time, bracelet vibrates and displays the pause interface ④ . Long press 3S at pause interface ④ , and sports mode returns to continue. Click and switch to exit interface ⑥ , long press 3S to exit the sport mode, and the motion data is cleared.

2. Press touch button to steps interface ⑦ to display current steps. User can set steps goal on APP. The crystal column progress bar is gradually increased according to the user-set goal. When steps goal is reached, the display shows ⑧ and vibrates. The default steps goal is 10000. (long press 3S to switch interface)

steps interface → interface after switch



Long press



⑦



⑧

PS: Same operation for calorie, heart rate interface switching



⑨



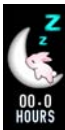
⑩



⑪



⑫



⑬



⑭

3. Press touch button to the distance interface ⑨ to display current distance.

4. Press touch button to the calorie interface ⑩ , showing current consumption of calories. The crystal column progress bar is gradually increased according to the user-set goal. (long press 3S to switch interface)

5. Press touch button to blood oxygen interface ⑪. The device will be calibrated in 3 seconds. After that, the blood oxygen will be detected, and the blood oxygen data will be monitored in real time for 5 minutes (including the calibration time) and then screen will be off. When wearing test fails, the device will not display the data and the screen will be off. It is necessary to check whether the wearing is correct, and whether the device sensor is close to the skin and there is no light leakage.

Tips: The factors that affect the inaccurate measurement of blood oxygen are as follows:

- a. Vascular stains or external coloring products, such as nail polish or colored skin care products.
- b. Swing your arm or exercise.

- c.The sensor is not placed in correct position, which results in a penumbra effect.
- d.Vascular contraction caused by temperature decrease.
- e.Indoor strong light interference.

6.Press touch button to the heart rate interface ⑫ and start measurement. Show the heart rate data after about 20 seconds and change constantly. If there is no operation in 60 seconds, the screen will be automatically turned off. (long press to switch interface)

7.Press touch button to the sleep interface ⑬, the sleep time of last night is displayed.

8.Power off: Press touch button to the power off interface ⑭, long press 5 seconds to power off.
[If there is no operation in any interface in 5S, the screen is off automatically.]

APP data panel:

1. The data panel shows steps, sleep quality, heart rate, blood oxygen, HRV (Heart Rate Variability), etc. Click on

any of the data panel to enter the detailed record interface.



2. Click "Blood oxygen" in the data panel to view the "Analytical data" of blood oxygen. The panel will show the data display, analytic result, key indicators and intervention measures of the wearing day from 00:00 to 07:00.

2.1 Click  icon to view the data of every ten minutes and continue to click on a single average value to view the data of every minute in detail.



①



②



③

2.2. In the Analytic data panel, click "More" in the "Key indicators" to display an overall report for each indicator. Click names of each indicator to view the detailed description of terminology, typical symptoms and treatment of each indicator.



3. Click HRV data panel to view the HRV Health Index. Based on the monitored data to determine whether the user is in an abnormal state such as the physiological state of fatigue, tension or excitement. If the index is normal, which means the user is in a relaxed state. Select the date of wearing at the top of the data panel to view the HRV data chart for that day. Sliding chart to average value of heartbeat cycle differences.



3.1. Click "HRV data" to view average value of heartbeat cycle in every ten minutes and Lorentz scatter diagram (compared to the reference of Lorentz scatter diagram, click to view health status corresponding to each diagram).

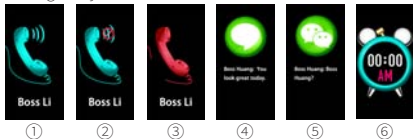


4. Click  the bottom of the data panel to enter the SpO2 test interface manual and calibration progress is displayed. When it reaches 100%, the blood oxygen will be detected, and the real-time blood oxygen value is continuously monitored and displayed until the manual pause. Monitoring data will not be saved. When the wearing is incorrect, the measurement will be stopped.

5. Click  Fatigue test interface at the bottom of the APP data panel. After the test is completed, select whether to save the test result according to the pop-up window of APP.

APP functions settings:

Settings - My device - B31 - Click to enter:





⑦



⑧



⑨



⑩



⑪



⑫

1. Click to enter message reminder

Call, SMS, WeChat, Facebook, Twitter and other message reminder switch mode. After connecting APP with the bracelet, open the reminder option tool. It will remind in the state of connection.

1.1 Call reminder

After connecting APP with the bracelet, when there is a call on mobile phone, the phone number or caller's name (if in mobile phone address book) and the caller icon ① are displayed, and at the same time, bracelet will vibrate, and touch to silence the mobile phone ②. If you do not answer the call, the bracelet will continue to display the caller ID and icon until the call is answered or rejected. Long press 3S to hang up the call ③.

1.2 SMS reminder

After connecting APP with the bracelet, SMS reminder

will display name and content of the message ④ , and 1 time vibration; the displaying content of the page can be flipped over and viewed by touch button.

1.3 Instant Social Message reminder

Social apps such as WeChat, Facebook, etc. when receiving message, it (WeChat ⑤ as an example) displays the name and content and vibrates once (message reading is based on the trigger button. If the message is not read and the screen is off, it is unread. If there are unread messages, trigger button, reads the message, and then back to the main interface.)

2. Alarm setting

After connecting APP with the bracelet, enter the "Alarm Settings" on the APP, click "+", set the corresponding alarm time, date, label, and then click "√" to set the alarm successfully. It is supported with 20 groups; When the clock is reminded, the alarm label ⑥ will be displayed on the bracelet, and it will vibrate for 10 times. Press the touch button to turn off.

3. Sedentary reminder

After connecting APP with the bracelet, enter the "Sedentary setting" on the APP, set the sedentary "start

time" , "stop time" and "how long does the watch remind?". When the bracelet detects reaching setting sedentary time, the screen will display the sedentary icon ⑦ and vibrate 2 times.

4. Wrist-up light the screen

After connecting, open the "Turn the wrist" on the APP, the "Start time", "Stop time" and "Sensitivity" of the "Turn the wrist" can be set.

This function is: In the standby state, turn the wrist to light the screen and enter the main interface.

5. Pair device

If there is an account login, open "Pair Device", and the data of two days ago and current data will be uploaded on app. If there is no account login, the function will not upload data even it is open.

6. Switch settings

click to enter - wear test, blood oxygen nighttime monitoring, HR automatic monitoring, stopwatch function and disconnect reminder.

6.1 Wearing test

After connecting, the "Wear test" switch is turned on.

When the bracelet is worn, the human body is detected on wearing. If it is determined that it is not worn, all detection functions will be automatically turned off, and no data to avoid error.

6.2 Blood Oxygen Nighttime Monitoring

After connecting, the device will automatically monitor the blood oxygen data from 00:00 to 07:00 every day after opening this function. When the switch is turned off, there is no light on bracelet and it is not measured. There is no data on the APP and background.

6.3 Heart rate automatic monitoring

After connecting, the "HR automatic monitoring" switch is turned on. The bracelet heart rate is reported to the APP once every 30 minutes. When the switch is turned off, the sensor light at the bottom of the bracelet is not lit, it is not measured, and there is no data on the APP and the background.

6.4 Stopwatch

After connecting, the "Stopwatch function" switch is turned on, and the stopwatch interface appears on the bracelet ⑧ (the resident interface, the numbers on the stopwatch are all zero); Switch the bracelet to the stopwatch interface, long press 3S to start the stopwatch, the red button on the stopwatch will light up ⑨ , then

touch the button to start the timer, touch the button again to pause, and press 3S to exit in the pause state. Then the data of the stopwatch interface is zero). When the APP stopwatch function switch is turned off, the stopwatch interface does not appear on the bracelet.

6.5 Disconnect reminder

After connecting normally, when the mobile phone leaves the safety distance of the bracelet, it will continuously vibrate to remind the lost.

7.Take Photo

On APP to click the "Take Photo" , the phone directly enters into camera mode, the camera icon ⑩ appears on the bracelet, shakes the bracelet (or clicks the bracelet touch button), the mobile phone automatically takes a photo; click the phone back button and exit the photo mode.

8. Countdown

After connecting, enter the "Countdown" interface on APP, open "Interface Display" and set the duration of the single countdown, click confirm, the bracelet screen lights, and the countdown icon ⑪ starts to appear. Screen is off after 5S, at the same time, the

countdown value of the APP starts to enter the countdown. After the countdown ends, the countdown icon is displayed on the bracelet and vibrates 3 times.

9. Reset password

To prevent the bracelet from being connected by others, a password can be set on APP. When using it for the first time, the default password is: "0000", then enter the new password and click "Reset Password" to complete. (The password is set successfully then re-bind the bracelet). If you need to change your password, the old password is the new one you set the previous time. If the password is forgotten, long press 6S at the sleep interface of the bracelet and it will vibrate to clear the password. At this time, the default password of the device is "0000". When the APP connects to the bracelet again, you can connect without entering a password.

10. Firmware upgrade

When the new version of the bracelet device program is available, connect APP and it will prompt to update.

a.If the upgrade fails and screen of the bracelet is off, restart the APP and the mobile phone Bluetooth

and open the APP to re-bind the device (iPhone needs to ignore the Bluetooth device in the mobile phone settings), search bracelet device name is "DfuLang", rebind and connect, upgrade again.

b. If the screen displays "× × ×", it means that the software program of the bracelet has been lost. Please contact customer service for the after-sales service.

11. Clear data

After connecting on APP, click "Clear Data". This will clear all the data in the bracelet and power off. The device password will be back to "0000".

Common problems:

First, solutions of bracelet bind failure:

1. When binding, you need to open Bluetooth, GPS positioning function and mobile phone network.
2. Check if the Bluetooth interface of the mobile phone has been paired. If it has been paired, please unpair it first, then restart the bracelet and the research on APP.

Second, solutions of the Bluetooth frequency disconnect

after the bracelet is bound:

1. Bluetooth frequency is disconnected because the APP background running is closed by the mobile smart power saver. You can find the battery management through the mobile phone setting interface, and set it to allow the background operation.
2. In order to avoid manually cleaning up the "H Band" app, please lock it in the background.

Third, solutions when there is no message notification displayed on bracelet:

1. Check if the notification message function switch on the app is open.
2. Check if the app notification usage right is open. If it is an Android phone, click the question mark in the upper right corner of the APP notification interface to open it.
3. Check if the corresponding APP, WeChat, Facebook, etc. in the notification management in the phone settings enable notification.
4. Check chat app settings if the new message notification is open and the content display is open. After resetting, it is recommended that the bracelet be turned off and restarted to re-bind.

Fourth, can not be charged or the battery is not durable:

1. When charging, unplug the smart bracelet of touch button side and insert it into the USB charging head or charge it on the computer. Be careful not to insert in the reverse.

2. When charging, the display shows battery icon. If it is not displayed, please check if it is inserted or inserted in the reverse. It is recommended to select 5V, 1-2A charging head. The charging duration within 2-3 hours will be good. If the charging time is too short, it will affect standby time and if too long, will affect battery life.

Precautions:

1. Low battery: When the battery is low, the small battery icon on the main interface will flash. After the battery is exhausted, the bracelet will be turned off. Long press 5S, it will be turned on again, the big low power icon will be displayed and flash. The display time is 3S, flashing 3 to 5 times, then the screen will be turned off. If charging at this time, the bracelet is automatically powered on.

2. Charging: When it starts, the charging progress icon ⑫ is displayed for 5 seconds and then the screen is off. When need to view, touch bracelet to light it again for 5 seconds and then is off. A single touch can enter the main interface during charging.

3. A charging environment with a temperature exceeding 60 degrees or higher may cause the device to overheat and deform.

4. This device uses the built-in battery so it is forbidden to disassemble. Please do not drop, collide, squeeze, puncture or cut.

5. Please do not wear this equipment when swimming, diving, and do not operate the device underwater.

6. When the battery is broken or leaks, avoid contact with eyes and skin. Please do not worry when the situation occurs, immediately rinse with water and go to the hospital for examination.

7. The battery is damaged or has aged. Reminder: Please dispose the battery in accordance with local

laws and regulations. The battery of this device is a polymer lithium battery that cannot be disposed as ordinary household garbage.

Important reminder:

Important reminder:

This product is not a medical device; the data of blood oxygen, heart rate and HRV health index is available for reference. This product is not intended for diagnosis and treatment, but it may have preventive effects. If abnormal conditions occur, please seek medical advice promptly.

Warranty:

To protect your rights and interests, please read this warranty carefully and you will enjoy after-sales service provided by our company.

First, to provide you with better after-sales service, our company promises:

1. Within 7 days from the date of purchase, if the product has quality problems, you can choose to return or exchange.
2. Within 15 days from the date of purchase, if the product has quality problems, you can choose to

exchange the goods.

3. Within one year from the date of purchase, if the product has quality problems, we will provide free repairs. When sending back for repair, please send the warranty certificate (including the warranty card, invoice) and products to our production base. When returning or replacing, please contact the seller and keep the products and accessories, random material and accessories intact.

Second, during the warranty period, our company will not provide free warranty service under one of the following conditions:

1. Human-induced failures, including: failures caused by improper use, maintenance and storage or failure to follow the instructions; failures caused by disassemble of the product or repairs that are not at our production base.

2. Failure caused by irresistible factors (such as fire, flood, earthquake, lightning strike, etc.).

3. Unable to provide warranty certificate or modify the warranty certificate without authorization.

Warranty Card:

Customer name		Contact person	
Date of purchase		Contact number	
Product name		Product model	
customer address			
Maintenance records 			

FCC STATEMENT :

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.

Warning: 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.

RF warning statement:

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

