

RF output power (ERP/EIRP): -12.06 dBm

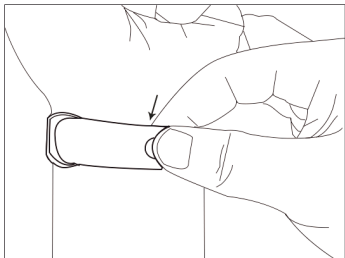
Frequency band (MHz) : 2402-2480MHz

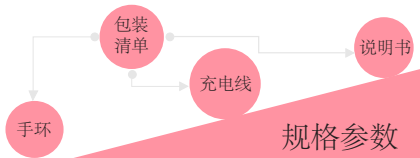
B36

Instruction manual



佩戴方式





产品名称	B36
显示屏	1.04 英寸 IPS 彩屏
产品尺寸	直径 39.50mm ; 主体厚 8.5mm
机壳材质	6063 航空铝
加速传感器	罗姆 3 轴
心率传感器	PPG 双灯
电池容量	100mAh
待机时间	≥ 360 小时
蓝牙	4.0 BLE
防水	IP68 生活防水

产品使用步骤

1、手机下载 APP

2、注册

3、激活
与绑定

4、了解 APP/
手环界面与功能

1、手机下载 APP

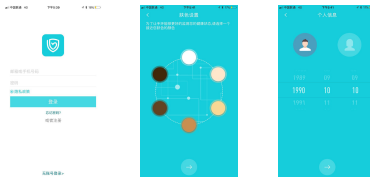
中国大陆：扫描下图二维码或“应用宝”搜索“H Band”，即可下载，并注册账号。

(APP 兼容蓝牙 4.0、安卓 4.4、iOS8 以上系统的智能手机)



2、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，避免心率测试数据有误差。（如下图）



3、激活与绑定

a、开机：在关机状态下，长接触摸区（手环玻璃镜面下方，示意图）5S 开机，开会送你一朵玫瑰，让你有个好心情。



b、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”。



备注：

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。

4、了解 APP/ 手环界面与功能

a、女性生理期管理

(1) 初次使用“H Band”个人信息性别设置为“女性”用户，连接手环后，“H Band”端会提示是否前往设置个人状态只记经期、备孕期、怀孕期、宝妈期，之后进入相应的次级菜单选择自己对应的基本信息。（如下图）



(2) 通过“H Band”端通知栏设置，可以在手环上打开或关闭女性功能通知；在有月经期的女性，手环主界面会有四个状态的图标显示，如下图：



月经期



安全期



排卵期



排卵日

(3) APP 数据界面：

1、数据面板显示，步数、睡眠质量、心率、女性等，点击数据面板任何一项曲线图都会进入详细的记录界面。（“女性”当 APP 个人信息性别设为“男”时，

数据面板无显示，此功能只针对 APP 个人信息性别设为“女”的情况下显示。)

数据界面可以上下滑动查看更多内容喔。

(4) “女性”数据面板展现生理状态（如下图）



(5) “女性”右上角的  图标点击可用来显示或隐藏文字，以保护用户在公共场合的生理隐私，点击生理状态中心区域进入日历记录界面。



(6) 有月经期的女性有以上四种状态：

处于安全期时，显示“距离月经期还有？天。”

处于月经期时，显示“月经期的第？天。”

处于排卵日则显示“排卵日”。

处于排卵期则显示“排卵日的第？天。”

(7) 备孕期：

备孕状态下，也为月经期，排卵期等四种情况，但显示当前状态下的怀孕几率。例：怀孕几率 <1%，安全期



怀孕概率
<1%
安全期

(8) 怀孕期：

怀孕状态下，显示“距离宝宝出生还有？天。”



104
离孩子出生还有

(9)APP 填写完个人信息资料后，日历记录界面如图所示，其中，粉色字为预测的经期（根据你填写的资料推测的经期），紫色数字为排卵期，而紫色圆为排卵日，黑色字为安全期，青色圆为当前选中的日期（默认为当天）。假设今天“25”号，当你今天来月经，想要记录时，则打开“月经开始”开关。（如下—）

(10) 系统将根据你填写的资料（如图为例 8 天）将包括“25”号在内的 8 天标示为月经期。（如下二）



(一)



(二)

(11) 假设今天是“27”号，距离你“22”号月经开始日过去了 6 天，你发现经期已经结束，则可以打开“经期结束”开关，结束经期。打开后效果如下：



注意:

修改经期和手环通知

- (1) 日历只能修改上次月经开始日到今天的相关信息。
- (2) 日历可修改经期的开始日，经期的结束日，怀孕期间日期不可操作。
- (3) 手环通知栏可以打开和关闭设置的女性通知。

b、手环功能使用介绍:

先进入主界面 , 长按进入查询蓝牙地址和软件版本界面。

在“H Band”端的“主界面风格设置”有多种手环主界面可随意切换设置。

(1) 运动模式 (如下图)



①



②



③



④



⑤

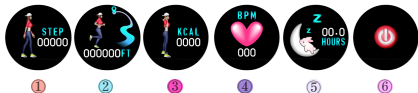
1、循环触摸按键至运动界面 ①，在运动界面长按 3S 进入运动模式，（运动模式下有四个界面，运动模式主界面②、继续界面③、暂停界面④、退出界面⑤）。

2、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 6S 无操作会自动退回到主界面并显示 1S 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。

3、单点切换到继续界面③，在继续界面长按 3S 暂停运动模式，此时手环震动一下，并显示暂停界面④，长按 3S 暂停界面④，运动模式恢复正常。

4、点击切换到退出界面⑤，长按 3S 退出运动模式，运动数据清零。

(2) 手环界面索引，如下图：



1、循环触摸按键至计步界面① (gif)，显示当前步数。用户可以通过 APP 设置运动目标值，当达到运动目标值时，手环亮屏出现  (gif) 震动，运动目标值出厂默认值是 10000 步。

2、循环触摸按键至距离界面② (gif)，显示当前运动距离。

3、循环触摸按键至卡路里界面③ (gif)，显示当前消耗卡路里，对瘦身很有帮助喔。

4、循环触摸按键至心率界面④ (gif) 并开始测量，测试 20 秒左右显示心率值，测试 60 秒后自动熄屏，根据心率可以随时关注你的健康状态喔。

5、循环触摸按键至睡眠界面⑤ (gif)，显示昨晚睡眠时长，睡眠质量对美容很重要哇。

6、关机：循环触摸按键至关机界面后⑥，长按触摸键 5s 关机。【为节约功耗，进入任意界面持续无操作 6S，手环自动熄屏。】

c、APP 功能设置：（如下图）



1. 消息提醒点击进入：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，并将手机通知中心权限打开，APP 在连接手环状态下，即可实现震动提醒。

(1) 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（① 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) 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②, 同时手环端会震动, 触摸可令手机静音③, 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④。

(3) 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⑤, 且振动 1 下, 页面显示内容触摸可进行翻页查看。

(4) 遗失提醒: (点击进入 -B36- 开关设置 - 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。(遗失提醒距离根据所处环境和障碍物所定, 环境越复杂提醒的距离越近)

(5) 无声闹钟提醒:

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 组情景模式; 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。

(6) 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，手环端界面会显示久坐图标⑦且震动 2 下。

(7) 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。

(8) 开关设置点击进入 - 佩戴检测、心率自动监测、秒表功能、断连提醒。

(8.1) 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。

(8.2) 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。

(8.3) 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 3S 开始秒表计时, 秒表上面的按钮红色会亮起⑨, 然后触摸一下绿灯亮起⑩秒表的数值开始计时, 再次触摸一下暂停, 在暂停状态长按 3S 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。

(8.4) 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。

(9) 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⑪, 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。

(10) 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 6S 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。

(11) 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。

(12) 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、智能手机为避免手动清理掉” 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、充电时将充电线一端吸附在手环充电口处，另一端插在 USB 充电头上或电脑上充电。
- 2、充电时手环显示电池图标即为充上电，未显示请调整充电线位置重新尝试，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 5S 开机时会显示低电大图标，并闪烁，显示时长 3S，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 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、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。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，心率数据仅供参考。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。

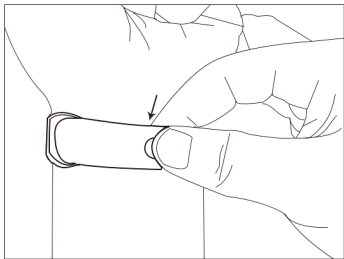
2. 因不可抗拒因素（如火灾、水灾、地震、雷击等）引起的故障。
3. 无法提供保修凭证或擅自修改保修凭证等。

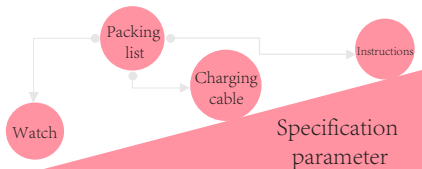
保修卡：

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			
			



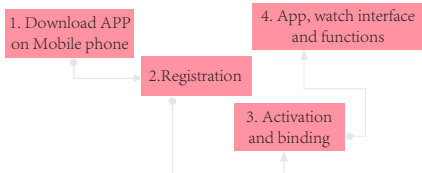
Wearing method





Product model	B36
Display	1.04" TFT IPS colorful display
Product size	Diameter 39.50mm
Body thickness	8.50mm
Case material	6063 aviation aluminum
Acceleration sensor	ROHM 3 axis
Heart rate sensor	PPG dual LED
Battery capacity	100mAh
Standby time	≥ 360 hours
Bluetooth	4.0 BLE
Waterproof	IP68 water resistant

PRODUCT USE STEPS



1. Download APP on Mobile phone

APP download: Search for "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 higher system.)

2.Registration

When a new user registers or has no account to log in, the app will automatically guide the user to select skin color, personal information and so on. To ensure the accuracy of the test data, 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 the heart rate test data.
(shown as below)



Shield icon

Email

Password

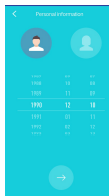
☒ Privacy Policy

LOG IN

[Forgot password?](#)

[Or Sign up](#)

[No account login >](#)



← Personal information

1980	174	65
1988	178	68
1989	171	67
1990	172	78
1991	181	71
1992	182	72
1993	183	73

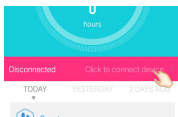
→

3. Activation and binding

a.Power on: in the power off state, long press the touch area (under watch glass mirror), 5S to power on.



b. Open the phone Bluetooth, APP will automatically guide you to bind the watch when you enter "H Band" at the first time or click "click to connect device" on the main interface.



Remark:

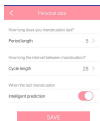
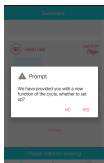
Bind device: On the APP side, if there is an account login, open the "Bind Device" switch, and it will be uploaded data of two days ago and now. If there is no account login, even the function is open it will not upload data.

4. APP, watch interface and functions

a. Female physiological period management

(1) Personal information gender setting is "female" user when using "H Band" at the first time . After connecting the watch,

the "H Band" will prompt you to set the female cycle function: only the menstrual period, preparing pregnancy period, pregnancy period, and mother period. Then enter the corresponding sub-menu to select the corresponding basic information. (shown as below)



(2) The female function notification can be turned on or off on the device through the "H Band" notification bar setting; During women menstrual periods, the main interface of the watch will display four status icons, (shown as below)



Menstrual
period



Safe period



Ovulatory
period

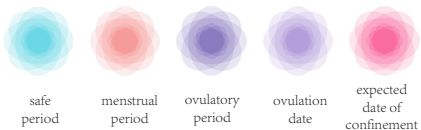


Ovulation
date

(3) APP data interface:

1. Data panel displays steps, sleep, heart rate, female, etc., enter the detailed record interface by clicking any graphs on data panel. (When the APP personal information gender setting is "male", the data panel has no display. This function is only for "female". To view more content, swipe up and down the data interface .

(4)"Female" data panel shows physiological status (shown as below)



(5) Click the icon  in the upper right corner of "female" to display or hide the text, which can hide the user's physiological privacy. Click the physiological status center area to enter the calendar record interface.(shown as below)



(6) During women menstrual periods, there are four states:

When in the safety period, it shows "There are still ? days from the menstrual period."

When in the menstrual period, it shows "the ? day of the menstrual period."

On the day of ovulation, it shows "ovulation day".

During the ovulation period, it shows "the ? day of the ovulation day."

(7) Preparing pregnancy period

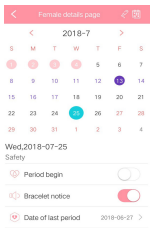
In the state of pregnancy, there are also the menstrual period, ovulation period, etc., but it shows the probability of pregnancy in the current state. Example: Pregnancy probability <1%, safety period.

(8)Pregnancy

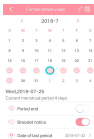
In the state of pregnancy, it shows that "There are still ? days from the birth of the baby."



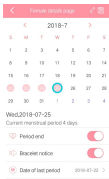
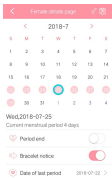
(9)After filling out the personal information on APP, the calendar record interface shown as right side, in which the pink dates are the predicted menstrual period (the menstrual period based on the data you filled in), the purple dates are the ovulation period, and the purple circle date is the ovulation day. The black dates are the safe period, and the cyan circle date is the currently selected date (the default is today). Support today is "25th", when menstruation comes today, open the "menstruation start" switch to record.



(10) The system will mark 8 days including "25" as the menstrual period according to the information you filled in (shown as below).



(11) Suppose today is the "27th". It has been 6 days since the menstruation start date "22nd" and you find that the menstrual period has ended, so you can open the "end of menstrual period" switch. The effect as below:



Notes:

Modify menstrual and watch notifications

(1) Only modify the relevant information from the last menstrual start date to today on the calendar.

(2) Can modify the start date of the menstrual period, the end date of the menstrual period, but not the date of pregnancy.

(3) The watch notification bar can turn the set female notifications on and off.

b. Introduction to the functions of watch:

First, enter the main interface , long press to view the device info such as Bluetooth address and software version.

On the "H Band" app of the "Main Interface Style Settings", there are a variety of device main interfaces to switch.

(1) Sports mode (shown as below)



①



②



③



④



⑤

1. Press touch button to sports interface ①, and long press 3S to enter sports mode. (There are four interfaces in the sport mode, the main interface of sports mode ②, continue

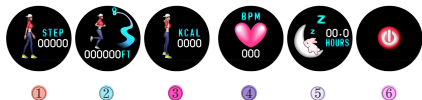
interface ③ , pause interface ④ , and exit interface ⑤).

2. Main interface of sports mode ② begins to record the duration of exercise, steps counting, calories, and exercise heart rate. If there is no operation in 6S 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 ② .

3. Switch to the continue interface ③ with a single touch, long press 3S to pause sports mode on the interface. At this time, the device vibrates and displays the pause interface ④ . Long press 3S pause interface ④ , and the sports mode returns to work.

4. Click and switch to exit interface ⑤ , long press 3S to exit the sport mode, and the motion data is cleared.

(2)The index of the watch interface, shown as below:



1. Press touch button to step counter interface ① to display the current number of steps. The user can set steps goal through the APP. When step goal is reached, the display

shows , vibrates 3 times, and the defaults of steps goal is 10000 steps.

2. Press touch button to the distance interface ② to display current distance.

3. Press touch button to the calorie interface ③, showing the current consumption of calories.

4. Press touch button to the heart rate interface ④ and start measurement. Show the heart rate data after about 20 seconds. The screen will be automatically turned off after 60 seconds. You can always pay attention to your health status according to your heart rate.

5. Press touch button to the sleep interface ⑤, the sleep time of last night is displayed.

6. Power off: Press touch button to the power off interface ⑥, long press 5 seconds to power off.

[To save power, there is no operation in any interface in 6S, it automatically turns off the screen.]

C.APP function settings :(shown as below)



①



②



③



④



⑤



⑥



⑦

Settings



⑧

My Device



⑨



⑩

B36



⑪

Click to enter



⑫

Message reminder: Call, SMS, WeChat, WhatsApp, Facebook, Twitter, Line, Instagram, Snapchat, Skype and other message reminder. After connecting APP with the Bluetooth of the watch, you can open the reminder option tool and mobile phone notification center permission. It vibrates to remind in the state of connection.

(1) Instant Social Message reminder:

Social apps such as WeChat, WhatsApp and Facebook, when receiving message, it (WeChat ⑪ 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) Call reminder:

After connecting APP with Bluetooth of the watch, when

there is a coming call on mobile phone, the phone number or caller's name (if saved in mobile phone address book) and the caller icon ② are displayed, and the device will vibrate, and the single touch can silence the mobile phone ③ . If you do not answer the call, the ringer will continue to display the caller ID and icon until the call is answered or rejected. Long press 3s to hang up the call ④ .

(3) SMS reminder:

After connecting APP with the Bluetooth, SMS reminder will display name and content of the message ⑤ and vibration; the displaying content of the page can be flipped over and viewed by touch button.

(4) Lost reminder:(Setting-My device -B36-switch setting -disconnect reminder) When the device and the mobile phone APP are connected, when the mobile phone leaves the safety distance of the device, it will continue to vibrate to remind the lost. (The distance of the reminder is determined according to the environment and obstacles, and the more complicated environment, the closer distance is reminded)

(5) Silent alarm clock reminder:

After connecting the Bluetooth on the APP, 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 device interface, and it will vibrate for 10 times. Press the touch button to turn off.

(6) Sedentary reminder:

After connecting, enter the "sedentary setting" on the APP, set the sedentary start time and end time, and how long the reminder time is. When the device detects reaching setting sedentary time, the screen will display the sedentary icon ⑦ and vibrate 2 times.

(7) Wrist-up light the screen:

After connecting, wrist-up light is set up to turn on, the working time and the sensitivity of the wrist-up light can be set on the app.

This function is : In the standby state, wrist-up can wake up the watch and enter the main interface on the APP .

(8) Switch setting: Click to enter - wear detection, heart rate

automatic monitoring, stopwatch function, disconnect reminder.

(8.1) Wearing detection:

After connecting, the "Wear Detection" switch is turned on. When the device is worn, the human body is detected for wearing. If it is determined that it is not worn, all detection functions will be automatically turned off, and no data to avoid error.

(8.2) Heart rate automatic monitoring:

After connecting, the "Heart Rate Automatic Monitoring" switch is turned on. The device heart rate is reported to the APP once every 30 minutes. When the switch is turned off, the sensor light of the watch is off, if it is not measured, and there is no data in the APP and the background.

(8.3) Stopwatch:

After connecting, the "Stopwatch function" switch is turned on, and the stopwatch interface appears on the device ⑧ (the resident interface, the numbers on the stopwatch are all zero); Switch the watch to the stopwatch interface, long press 3S to start the stopwatch, the red button on the stopwatch will light up ⑨, then single touch the green light ⑩ to start the timer, single touch to pause, single touch to continuous timer again, and press 3S to exit the stopwatch interface. 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 device.

(8.4) Disconnected reminder:

When connecting and open this function on the app, when the mobile phone leaves the safety distance of the watch, it will continuously vibrate to remind the lost.

(9) Take Photo:

On APP, enter my device, click the "take photo" function, the phone directly enters the camera mode, the camera icon appears on the watch①, shakes the watch (or clicks the watch touch button), the mobile phone automatically takes a photo; click the phone back button and exit the photo mode.

(10) Reset device password:

To prevent the watch from being connected by others, a password can be set on the APP. When using it for the first time, the default old password is: "0000" , then enter the new password and click "Reset Password" to complete. (the password is set successfully then re-bind the watch). 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 on the sleep interface of the watch and it will vibrate to clear the password. At this time, the default password of the device password is "0000". When the APP connects to the watch again, you can connect without entering a password.

(11) Firmware upgrade:

When the new version of the watch device is available, connect APP and it will prompt to update. Pls make sure the enough battery life for update

- a.If the upgrade fails and screen of the watch is off, restart the APP and the mobile phone Bluetooth and open the APP to re-bind the device (the iPhone need to ignore the Bluetooth device in the mobile phone setting), the Bluetooth search device name is "DfuLang", rebind and connect, upgrade again.
- b. If the screen displays "x x x", it means that the software program of the watch has been lost. Please contact customer service for the after-sales service.

(12) Clear data:

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

COMMON PROBLEMS:

1. Solutions of watch bind failure:

A. When binding, you need to open Bluetooth, GPS positioning function and mobile phone network.

B. Check if the Bluetooth interface of the mobile phone has been paired. If it has been paired, please unpair it first, then restart the watch and search by APP.

2. Solutions of the Bluetooth frequency disconnect after the watch is bound:

A. 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.

B. In order to avoid manually cleaning up the "H Band" in the background, please lock it.

3. Solutions when there is no message notification displayed on watch :

A. Check if the notification message function switch in the app is open.

B. 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.

C. Check if the corresponding APP, WeChat, Facebook, etc. in the notification management in the phone settings enable notification.

D. Check social app settings if the new message notification is open and the content display is open. After resetting, it is recommended that the phone and the watch be turned off and restarted to re-bind.

4. Can not be charged or the battery is not durable:

A. When charging, connect one end of the charging cable to the charging port of the watch , and the other end to the USB charging head or charge it on the computer.

B. When charging, the battery icon is displayed. If it is not displayed, please adjust the position of the charging cable and try again. It is recommended to select 5V, 1-2A charging head. The charging duration is better within 2-3 hours. If charging time is too short, it will affect the battery endurance. If too long, it will affect the 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 watch 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 Up to 5 times, then the screen will be turned off. If charging at this time, the battery is automatically turned on, and the watch interface can be operated normally.

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

3. The charging environment with 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 diving, and do not

operate the device underwater.

6. When the battery is broken or leaked, 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:

This product is not a medical device and heart rate data 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 to 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 materials 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.