Smart Watch
OPERATING GUIDE



H99

Thank you for buying our smart watch.
Please read this manual carefully before.

Setting

Use H Band APP on iOS or Android smartphones (excluding tablets and computers) as follows.

Note: The hardware and system of your smartphones should meet the following requirements.

IOS 8.0 or above mobile Bluetooth 4.0

Android 4.4 or above

1. Search and download H Band APP

1. IOS users please search and download "H Band" from APP Store;
2. Android users please search for "H Band" and download and install it in Google Play and 360 application markets, as well as the application markets provided by Huawei, Xiaomi, OPPO and Vivo.

Scan the QR code. There may be problems opening the link with the smartphones scanning tool. Please copy the link and open it through the browser.

2.Watch and mobile phone binding connection

1.APP connection:
Turn on the Bluetooth of your smartphone, enter "My" in the APP page, find "Device", click "Add Device", the name of the device to be connected "**H99**". Choose **H99** and click to connect, choose to allow access to location information, and the device will search for available devices nearby, please filter according to the MAC address, and the MAC address can be viewed in About Device in the Settings function.

The symbol in the upper left corner is displayed as **⊂⊃**
If you see the **⊂⊃** symbol, it means that it's not connected, please try again

2.Considerations when connecting:
①Bluetooth is turned on
②The watch has sufficient electricity.
③When connecting smartphones and watch, please keep it within 50cm
④If the smartphones cannot find the watch in the APP, please open all permissions of H Band software in the smartphones setting.

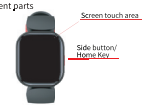
FAQ:

Could not find the device while connecting?
1. Make sure the Bluetooth of your smartphone is turned on and the operating system of your smartphone should be Android 4.4 and later, or IOS 8.0 and later.
2. Ensure that the distance between the smartphones and the device is less than 0.5 meters. After connection, the device should be kept within the effective range (usually less than 10 meters).
3: Ensure that the device has sufficient power. If there are still problems after charging, please feel free to contact us.

What should I do if the Bluetooth connection fails?
1. After the smartphones was restarted, the Bluetooth service was abnormal.
2. Restart the smartphones or Bluetooth service to connect normally.

3. Appearance

① Names of different parts



Note: To ensure the data is valid, please enter the real gender, height, weight and skin color in APP's personal data.

4. Function Introduction

(1) Interface



Main Interface Step counting Sleep Heart rate



Music Information Reminder Countdown Stopwatch Remote control photographing

Setup Interface

Make sure the watch and APP are connected well. Enter APP, click My Device-**H99**-Dial Setting-Select the corresponding style, and the watch screen shows that the replacement was successful.



Screen Operation:
Slide up and down, left and right



(2)Screen drop-down interface function introduction



(3) Startup/Shutdown

Turn on: when the device is off status, long press the key button for 4 seconds to turn it on and enter the time interface, After 5 seconds without operation, the device will turn off the screen automatically and enter the stand by mode.
Turn off: long press the down key button for 4 seconds to turn it off.

(4) Function Interface

Press the side Key to enter the function selection interface, slide up and down to select the required function for operation, and press the side Key again to return to the main interface.

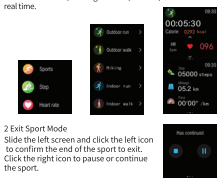


(5) Steps, Calories, and Miles

Enter the step counting interface to display the current step number, target progress, calories and distance of the day. The screen will close after 5 seconds. The acceleration sensor detects the step with a small error (within 10%) within a reasonable range.

(6) Sport Mode

1. Press the Up Key shortly to enter the function selection interface and select the Sport Mode. There are 19 Sport Modes. You can click to select the Sport Mode, and the data page displays the running time, exercise heart rate, running distance, calories, and number of steps in real time.



2 Exit Sport Mode
Slide the left screen and click the left icon to confirm the end of the sport to exit.
Click the right icon to pause or continue the sport.

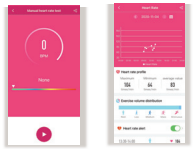
3. Data preservation
If the sport lasts less than 1 minute, the user will be reminded that the data was not saved successfully.



The screen will automatically return to the main interface in 4 seconds, but the sport mode will work in the background.

(7) Manual detection and automatic monitoring of heart rate

Slide the right screen on the main interface of the device to enter the heart rate detection interface and click the ○ icon to start the detection. After the measured results are obtained, the real-time heart rate value will be continuously measured and displayed. No matter whether the results are measured or not, the device will automatically extinguish the screen and stand by after 60 seconds of cumulative testing. The heart rate measured on the device will not be saved. You can also enter the heart rate manual test interface on the APP's data panel-**H99**-More Operations-Heart Rate icon, and the heart rate test results operated on the APP will not be saved. Turn on the heart rate automatic detection switch at the APP end, and the device will automatically monitor the heart rate 24 hours a day, collect data every 10 minutes and display data every 30 minutes. After synchronizing the data, the test results can be viewed on the APP for details.



APP Test Mode Heart Rate Data Panel

1.As long as you put on your watch, it will automatically detect your heart rate, number of steps and calories and synchronize to the APP.
2.The default is automatic heart rate monitoring function, which automatically detects the heart rate to be turned off every 30 minutes. Please set it in APP- My Device-**H99**-Switch Setting-Automatic Heart Rate Monitoring-Turn off
3.In order to monitor the heart rate more accurately, please make it tighter than usual during exercise.

(8) Heart Rate Alarm

The watch will automatically detect the heart rate. If the data reaches the warning number or higher, the watch will automatically remind you that the default warning value of the heart rate is 115, which you can reset according to your own situation.



(9) Sleep Monitoring

Enter the sleep monitoring interface to display the total sleep time of the previous day. This function runs automatically. In general, you can know the data 10-30 minutes after getting up.

(10) Information Reminder

Open APP-Setting-My Device-Message Reminder Turn Reminder on or off. If you want to display messages, please set them in the corresponding APP.

(11) Stopwatch

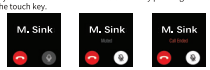
Press the watch key shortly to select the stopwatch function, click the touch key to start running for seconds once, then press Pause, then press Continue, cycle in turn, and slide the right screen to exit running for seconds. Note: After entering the stopwatch interface, the device will temporarily block all reminders that need and push work need to occupy the screen. The maximum timing time value of the stopwatch is 99 minutes and 59 seconds.

(12) Countdown

Press the key on the watch shortly to select the timer function. After setting the time and pressing Start, the countdown time will be displayed. It will vibrate and remind at the end of the countdown. Slide the screen to the right to exit the countdown.

(13) Call Reminder

After setting up the call reminder, when someone calls, the watch will keep vibrating. You can mute by pressing the touch key for a short time and refuse to answer by pressing and holding the touch key.



(14) Alarm Clock

In APP, you can set the alarm clock and select the icon on the right. The maximum number of alarm clocks is 20.



Alarm Clock Test

Exercise Reminder-Memory Exercise
Set the reminder time in APP, if it is, the watch will remind

(15) Music

After the APP successfully connects the watch, click the music option in the function interface to play the music in the smartphones.

(16) Looking for Smartphones

Keep "H Band" running in the background of the smartphones. Click the Find Smartphones option in the function interface, and the smartphones connected to the watch will ring and vibrate. Pay attention to keeping the smartphones in ring mode.

(17) Remote Control of Smartphone Camera

Connect the watch and open the APP, click "**H99**"-take photos, turn on the camera of the smartphones, select take photos in the watch function options, click the take photos icon or shake it to take photos.

(18) Wear Test

When the switch of the application is turned on, your wrist will be detected during wearing to avoid wearing failure.

(19) Female Physiological Period

The female function is only used for female users. Only when the gender of APP users is set to female will there be data records in the female function options. Currently, it is supported to record menstrual period, pregnancy preparation period, pregnancy period and precious mother period. You can select records according to your specific situation and fill in your basic information after clicking to enter.



Data Modification

5. Frequently Asked Questions

Q: How to deal with upgrade failure?
A: If the initial upgrade fails, please reconnect Dfulang's device on APP, and the system will automatically remind you to upgrade.

Q: Why is the heart rate (sleep) test not allowed?
A: First of all, watch device monitors human activities through electronic sensors. It is normal for consumer products to have certain errors. Please treat the data objectively.

Q: Where do I set APP permissions?
A: Android Phone-Setting-Rights Management-Find "H Band" Application-Setting Trust This Software
1. If the smartphones are equipped with security management or cleaning acceleration applications, please set "H Band" as a white list (trust list);
2. In the rights management program of the smartphones system, please set "H Band" as a trust application. Caller ID and other functions need to obtain rights to realize the functions.

Q: How to set the time display mode?
A: The device synchronizes the time display mode of the smartphones. If the smartphones are set to 12-hour system, the device will be displayed to 12-hour system.

Q: How do I reset the password?
A: Change the password in APP My-**H99**-Reset Password. The user can enter the old password and the new password and save it at a single point. The initial password is 0000. When the device is connected again, the user can connect the device by entering a new password. If you forget the password, press it for 6 seconds in the watch sleep interface until the watch vibrates to clear the password. When the APP terminal connects the device again, it can connect directly. When it is set again, the old password is the initial password.

6. About Waterproofing

The waterproof grade of the watch is IP68, which means that dust can be prevented from inhaling; Prevent short-term soaking
The allowed activity scenes in the activity area are as follows: wearing, washing face and hands in rainy days

Product Parameters

Product Model	**H99**
Battery capacity	170 mAh
Operating Voltage	3.7V
Data Transmission	BT4.0
Main engine weight	30g
Charging Voltage	5V
Charging Current	100mA
Operating Temperature	-10°C-45C
Waterproofing grade	IP68
Working hours	6days
Working frequency wave	2402-2480MHz

This device is not medical device, and the data and information provided are for reference only.

IC STATEMENT

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference; and
(2) This device must accept any interference, including interference that may cause undesired operation of the device.
Cet appareil contient des émetteurs / récepteurs exemptés de licence conformes aux RSS (RSS) d'Innovation, Sciences et Développement économique Canada. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pasproduire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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
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.