Smart HRM Tracker

User Guide

Thank you for purchasing our tracker.
Please read the manual carefully before using it.

Settings

Use H Band APP on your iOS or Android smartphone(Nol pad or Computers) as follows.

Note：The hardware and system of your phone shall meet the following requirements.

IOS 8.0or above

Android 4.3or above

1.Search and download H Band APP

Search and download H Band APP from the Apple Store，91 Assistant，360 Mobile Assistant or other app stores.

Scan the QR code.It probably has a problem to open the link by scan tools of your cellphone，please copy the lnk and open it through browsers.

H Band

3.Connect the the tracker.

Open Bluetooth and H Band APP click connection，select Y89 to connect，please choose to allow access locaton info.When the tracker is connected successfully，the sign on the upperleft corner of it is displayed like this：

Notes while connecting：
①Bluetooth is turned on
②Sufficient power in the bracelet
③Keep your cellphone and bracelet within 50cm when connecting
④If your phone can't find the bracelet in the APP please open all permissions of HB and software in your phone settings

Common Questions：

The equipment could not be found when connecting?
1.Ensure that the Bluetooth of the smartphone is on，the smartphone operating system should be Android 4. 4 and above，or IOS 8. 0 and above.
2.Ensure that the distance between the phone and the device is less than 0. 5 meters.After connection，the device should be kept in a valid range(normally less than 10 meters) .
3.Ensure that the equipment is not being recharged.
If you still have problems after charging，please be free contact us.

Occasional Bluetooth connection failed?
1.The Bluetooth service has an exception after the phone restarted.
2.Restart the phone or the Bluetooth service，then it can connect properly.

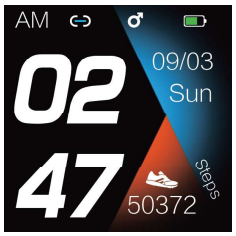
4.Appearance Introduction

①Names of different parts

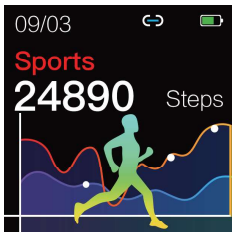
Home button

5.Functions introduction

(1) Interface



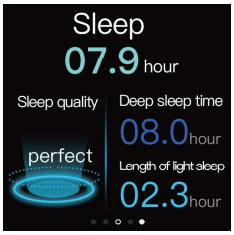
Main Interface



Motion

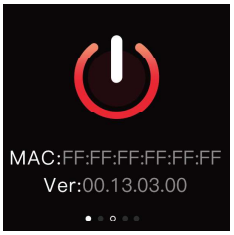
Step

Heart rate



Sleep

Function interface



Shutdown

Setting the interface

The watch is always on, slide the screen up or down, there are 4 interfaces in total to replace.

Screen operation:
slide up, down, left and right

(2) Power on/power off

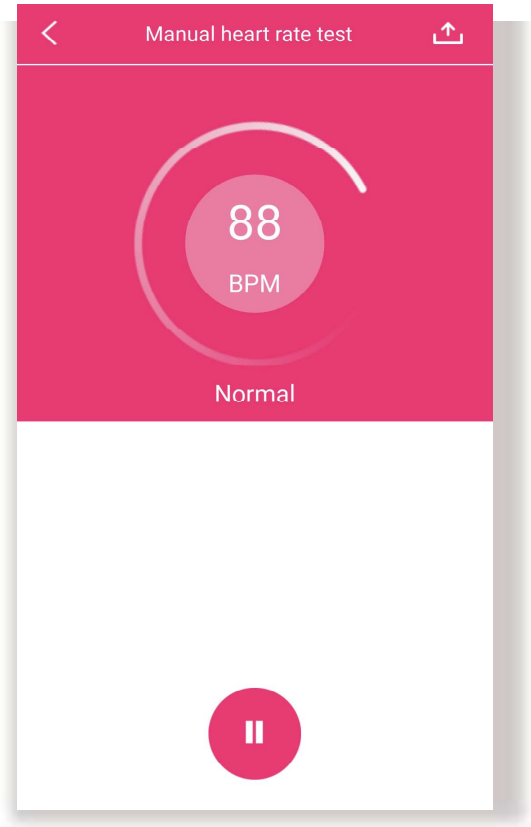
Power on :Long press the power button for 4 seconds
Power off: Long press the power button for 4 seconds

(3) Steps, calorie, mileage

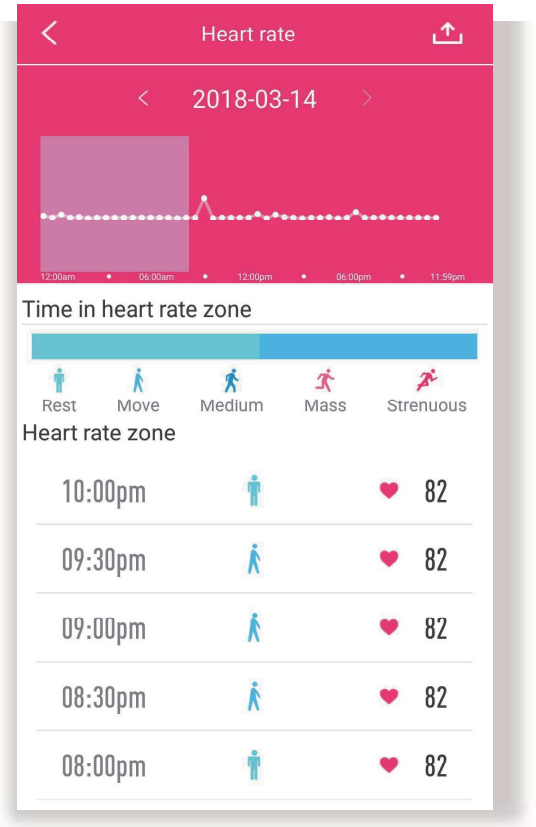
Enter the step counting interface, which shows the current number of steps, targe progress, calories, distance of that day.The screen would off after 5 seconds.
The steps are detected by the acceleration sensor, a small amount of error(within 10%) is in a reasonable range.

(4) About heartrate

·Heartrate testing
Enter heartrate interface，the Tracker would test automatically.In the beginning, the data would fluctuate，but it wil gradually stabil ze.After the test，it would show the result.If your heartrate can't be detected，the screen would show in this way，---/---，If there is no operation，the screen would be closed after 60s.
(No matter whether the heartrate is detected or not) .



APP Testing Mode



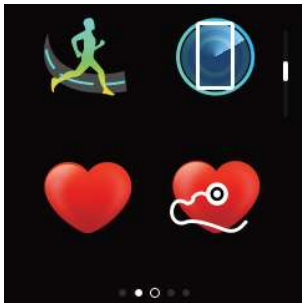
HeartRate Data Panel

Heartrate monitoring

①As long as you wear the tracker it wil automaticaly detect your heartrate，steps and calories，and sync to APP
②Automatic heartrate monitoring is on as default and it automaticaly detects every 30 minutes/If you want to turn it off please set it in the app：Settings-Y89-Switch seting-HR automatic monitoring-turn off
③To monitor your heartrate more accurately，please keep it abit tighter than usual when you are taking exercise.

(5) Function interface

Swipe up and down to switch the interface, slide left and right to return



(6) Sleep monitoring

Enter the sleep monitoring interface，which shows the total sleep time of the previous day.This function works automatically.Generally，you can know the data 10-30 minutes later after getting up.

(7) Looking for a cel phone

Keep the H Band working in the background on your phone，if you switch the interface to the searching mode and hold for 4 seconds，and the phone connected to the watch would ring and vibrate.

(8) Stopwatch

Turn on the stopwatch in the APP then turn to the stopwatch interface by pressing the screen and holding for 4 seconds.

(9) Countdown

Turn on the countdown in the APP and choose a time period，after pressing OK，the bracelet would automatically display the countdown.Press and hold for 3 seconds，it would be turned off

(10) Information reminder

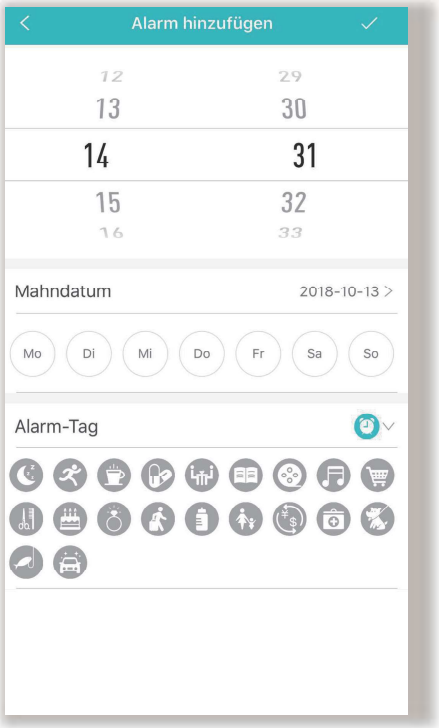
Turn on APP-Settings-My device-Message alert turn on or turnoff the alert.If you want to display the messages，please set in the corresponding APP

(11) Call reminder

After setting up a call reminder，the bracelet would continually vibrate when someone calls in.You can make it mute by short touch and reject to pick by long touch.

(12) Alarm clock

In the APP , you can set alarms and choose the right icon.The maximum of alarms is 20.



Alarm clock te seting

Motion alert-remember to move
Set a reminding time in the APP，if it's the time，the tracker would alert

(13) Heart rate alert

The bracelet automatically detects heart rates，if the data reaches the warning number or higher than that，the bracelet would automatically remind you，the default reminder value of heart rates is 115，and you can set a new one according to your situation.

(14) Camera mode control

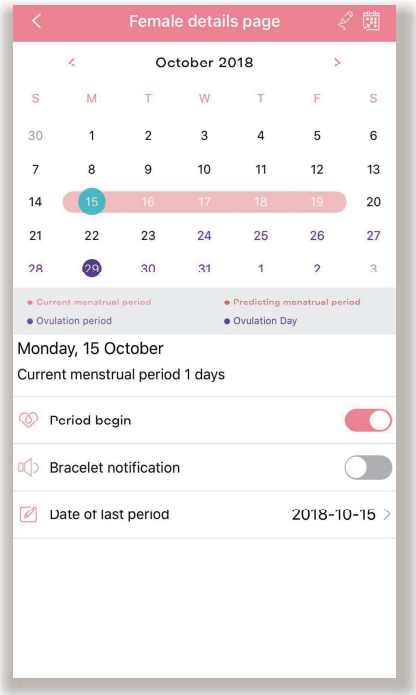
Entry mode:Start the camera entry by app,and the device will get in the camera mode successfully. Taking photo: Shaking the tracker,then will take a photo

(15) Wearing test

When the switch in the APP is tum ned on，your wrist would be tested in the wearing process to avoid wearing miscarriage.

(16) Female physiological period

The female function is only used for female users.It would be turned on when setting the profile as a female in the APP Set the data after turning on，that is，only record menstrual period，pregnant period，treasure mother period，then enter the secondary period and select your own basic information.



Data modification

6.About the Waterproof

①The waterproof grade of the bracelet is IP 68，which means that protection against dust inhalation；protection for short immersion.

②The activity scenes it allows areas follows：wear it in a rainy day and wash faces and hands，wear it for swimming and up to 3 meters diving

③Please do not wear a bracelet to swim in these a or take a hot shower

Product parameters

Product model	Y89
Battery capacity	220mAh
Working voltage	3.7V
Data transmission	BT4.0
Mainframe weight	26g
Charging voltage	5V
Charging current	100mA
Working temperature	-10°C-45C
Waterproof grade	IP68
Working time	6 Days
Working frequency wave	2402-2480MHz
Maximum transmit power	0.44dbm

FCC Caution.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

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

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the receiving antenna.

-Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help.

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