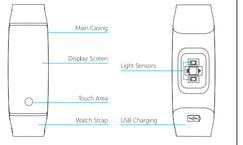
Smart Bracelet
CB501 H User Manual

Please check the instructions before use

1. Description Of Appearance

1) Product Instructions



2) Elementary Operation

3) Packaging List

Bracelet base *1 Gift box *1 User manual *1

2. Initial Use Instructions

1) Bracelet Display Interface

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

Tips: Some interfaces are turned off by default. If necessary, they can be enabled in the APP Settings > Switch Settings.

2) Software Download

A: Search keyword "H Band" in the APP Store, Android market to download it for installation.
B: Or scan the QR Code to download H Band.

3) Bluetooth Connection

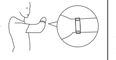
A: Turn on the Bluetooth of the phone.
B: Open the "H Band" APP application interface, and click on the connected device in the "Settings" menu.
C: APP searches the name of the Bluetooth bracelet, and click the name of the Bluetooth device.

It goes back to the setting interface automatically after the click, and pops-up Bluetooth matching request interface. Click on the "match" to make connection, operations in the following figure: if no device is found, pull-down to refresh the page manually.

4) How To Use The Touch Button

The wristband is touch button, please do not press it again, after entering any function interface, click the touch button again to enter the next interface in turn.

A: Main screen bright screen start, in the of screen state, long press the bottom of the bracelet , you can brightten the screen.
B: Press and hold on the cabrite interface for 3 seconds to select whether to clear all current data.
C: Raise the hand and turn the wrist to brightten the screen. In the off-screen state, raise the hand and turn the wrist 90° to the chest, and wake up the bracelet.



3. Introduction Of Main Functions

1) Starting Up/Shutdown

In the off state, long press the touch button for 3 seconds to boot, enter the main interface. Long press for 3 seconds, enter the Bluetooth address and software version interface. After 5 seconds of no operation, the device automatically goes out of standby. Switch to the device shutdown interface and press and hold the touch button for 3 seconds to shut down.

2) Motion Monitoring

Click the touch button on the main interface of the device to enter the motion monitoring interface, and press and hold for 3 seconds to enter the sport mode. (There are three interfaces in the sports mode, the main interface of the sports mode, the pause interface, and the exit interface).
At this time, the main interface of the sports mode starts to record the exercise duration, the step count, the calories, and the exercise heart rate.This interface will automatically return to the external time main interface after 3 seconds of no operation, showing the screen after 1 second.
Turning on the light again or turning the wrist screen is still in the main interface of the sports mode.

3) Sleep Monitoring

Click the touch button on the main interface of the device to enter the sleep monitoring interface, showing the total sleep time last night. Standby after 3 seconds of no operation. Press and hold for 6 seconds in the sleep interface to clear the Bluetooth.

4) Manual Heart Rate Test and Automatic Monitoring

Click the touch button on the main interface of the device to enter the heart rate detection interface and start detection. After the test is completed, the real-time heart rate value result is displayed. If the heart rate cannot be measured, it will always display 0. 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 test their heart rate manually. The data tested through the device will not be saved.

5) Manual, Automatic and Private Mode of Blood Pressure Testing

Press the touch area in the device main interface to enter into the Blood Pressure Testing Interface. The test time depends on the user's body condition. It is normal for the test to take longer. The numerical display during the test is ---/---. If there is no blood pressure result, the device will display ---/---/---. If this appears, please ensure that the sensor is close to the skin. Please keep your body relaxed and still during the test. After 70 seconds of testing, the device will enter into standby mode, regardless of whether results have been displayed. The results captured on the device will not be stored. The user can find the blood pressure icon at the bottom of the APP interface and can enter into the manual blood pressure test interface from there. The user can choose General Mode or Private Mode to test and he can choose to save or discard the test results obtained through the APP.

Turn on the automatic blood pressure monitoring through the APP, the device will automatically capture the test results of the user every one hour during sleep time at night. The default monitoring time period is 22:00-08:00. After syncing, the results captured during the night will be presented at the blood pressure interface. The test requires users to be still during the testing period. If the user is not yet asleep during this period of time then some of the data will not be recorded. If the user has acquired blood pressure results through professional medical instruments, they can enter this data in the Private Mode of Blood Pressure of the APP. (Attention: To those users who are aware of their high blood pressure, please take the real blood pressure reading before using any blood pressure medicine).
To make sure the test results is valid, please input the actual blood pressure. If the device has been set to test in private mode, then the Private Mode has to be canceled before any more tests for other people can be taken.

6) 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". All long press on the touch area will cause the phone to respond.

7) 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 be set for high frequency events. A long hold on the Touch Area will initiate the Count Down quick start.

8) 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.

9) Alarm Clock and 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.

10) 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.

11) 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.

12) 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

13) Remote Photograph

To use the device to take a remote photograph, the user can turn on the Camera Mode in the APP, then tap the touch area or quickly shake the waist.

14) Female function

A: The female function is only for female users. When the personal data is male, there is no operable window to set. The following description is only for the case where the personal data is female.
B: When the user first uses the App and connects to the female bracelet, the App will prompt whether to go to the settings. After going to the home, set the life status, that is, only the menstrual period, the pregnancy period, the pregnancy period, the mother period, and then Enter the corresponding submenu to select the basic information corresponding to you.
C: Modify the menstrual period and the bracelet notification, the monthly calendar can only modify the relevant data from the last menstrual start date to today interval. The calendar can modify the start date of the menstrual period and the end date of the menstrual period. Dates during pregnancy The inoperable bracelet notification bar can turn the set female notifications on and off.
D: During the menstrual period, the main interface will have four status icons displayed.
Menstrual period Safety period Ovulation Ovulation day

4. Using Notes

1) This device uses 5V/500mAh charging. Do not use ultra voltage load power supply, resulting in hardware damage.
2) Please wipe the water before charging operation, otherwise it will lead to be wrong, corrosion charging contact point.
3) Please do not disassemble or rebuild this machine. This will cause problems or hinder product warranty.
4) This product is made of precision parts, please do not drop this product and hit it with hard objects, otherwise may cause it's surface grinding or hardware damaging.
5) This is an electronic monitoring product, data received from it cannotbe used as medical reference and is for reference only.
6) Blood pressure testing tip: Keep your body relaxed and still while testing. Keep device at the same height as where your heart is (like the picture on the right), and don't talk while you are testing.
7) Please wipe your body and wrist sweat drops in time. If the strap for a long time contact soap, sweat or pollution components, may cause skin allergies, itching.
8) The bracelet theoretically supports operating systems, IOS 8.0 systems and above and Android systems version 4.4 and above, with Bluetooth 4 mobile or tablet devices,do not support all mobile device models, specific to the actual prevail.

5. Seventh, FAQ

Q: Why can't I find the bracelet when matching?

A: 1. Please confirm you have opened Bluetooth of your mobile phone, while ensuring that the bracelet and mobile phone are within the range of 0.5 meters. After the completion of matching, the effective communication distance is 10 meters within a spacious space.
2. Please check whether the bracelet has electricity. Please contact us if it is still not resolved after charging.
3. Bracelet is beyond connection distance is no remind function effectively.

Q: Why is the sleeping report of the test result inaccurate?

A: Wearable devices monitors human activities through electronic sensors, and they are at the consumer level. It's normal for certain deviation. The user should treat data objectively.

Q: Why it can't connect to the Bluetooth device sometimes?

A: Some phones have abnormalities for Bluetooth.Try to re-start thephone Bluetooth or restart the phone, so that it can be connected normally.

Q: How to set/ reset the password?

A: In order to avoid the connection of the bracelet, the password can be set on the APP side.
1. Open the reset device password and set it. The old password is 0000 for the first time, then enter the new password. If you think the password is not suitable, you can reset it again. The old password is the new password set for the previous time.
2. If the password is forgotten, the password can be cleared by 3 seconds in the device-side sleep interface. When the APP end connects to the hand ring end again, it can be connected without entering the password. When the device password is reset, the old password will be restored to 0000.

Q: Why can't appear blood pressure/ heart rate manual test synchronization to the APP?

A: APP (H Band) blood pressure/ heart rate manual monitoring data is not synchronized to the mobile phone above, can only be synchronized APP set automatic monitoring data to the H Band above view.

6. Basic parameters

Main controlchip	NRF52832
Body weight	52g
Data transmission	Bluetooth4.0
Battery	Polymer Lithium
Battery capacity	110mAh
Charging voltage	5V
Operating temperature	-10~+50℃
Waterproof	IP68

Equipment requirements: IOS 8.0 and above models,
Android 4.4 and above (Bluetooth 4.0) models.

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.