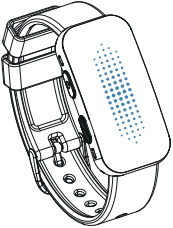


Instruction Manual



MH00-B25

hamon band S

Thank you very much for purchasing this product.

Please be sure to read this manual before using the product and use it correctly.

Also, please keep this manual in a safe place.

Product Overview

The hamon band S is a product that uses a patented algorithm ^{(*)1} developed by Mitsuji Corporation and the University of Occupational and Environmental Health to estimate the rise and fall ^{(*)2} of core body temperature from pulse wave information. It operates correctly when used in extreme heat environments. It starts calculations from the moment it is worn (when powered on) and alerts the user with a yellow LED and vibration when the heat risk reaches a moderate level (medium risk). When the risk increases further (high risk), it warns the user with a red LED, vibration, and sound. This product aims to prompt the user to rest and hydrate through these LED flashes, vibrations, and sounds.

- This product is a device that estimates the rise and fall of core body temperature from pulse waves and is not a device for measuring body temperature.
- This product is not a medical device.

(*)1 Patent 7175473

(*)2 Patent Pending

packaging content

Main Unit

Charging Cable

Instruction Manual

Part Names

LED Indicator Light

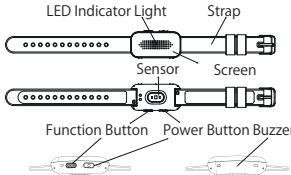
Strap

Sensor

Screen

Function Button

Power Button Buzzer



Usage Instructions

① How to Wear

Please wear it on your wrist as shown in the figure.



For accurate measurement, ensure that the sensor part is in close contact with your skin.

※ Please remove the protective seal on the sensor part before use.

② How to Turn On

When the power is off, press the "Power Button" on the side for more than 3 seconds to turn it on. Upon startup, the motor will vibrate once, and the blue LED indicator light will blink.

③ How to Turn Off

When the power is on, press the "Power Button" on the side for more than 3 seconds to turn it off. The motor will vibrate once when the power is turned off.

④ About LED Indications

	During Startup During Measurement	At Risk Caution	High Risk Warning
LED Indication			
Vibration	None	Yes	Yes
Sound	None	None	Yes

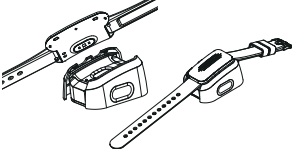
⑤ How to Clear Cautions and Warnings

When a "Caution" is displayed, you can clear it by briefly pressing the "Function Button".

When a "Warning" is displayed, you can stop the vibration and sound by long-pressing the "Function Button".

Charging Method

Please use the dedicated charging cable included in the package. Ensure the charging terminal (golden part) of the device and the charging terminal (golden part) of the charger are properly connected. Note: Make sure the device and charging clip are correctly in contact.



Do not use a fast-charging USB adapter (USB Power Delivery) to connect the charging cable.

During charging, the LED will blink white. When charging is complete, the LED will remain steadily lit in white.

※ About Battery Level

Low Battery
Notification



After one vibration, it will automatically turn off.

Care Instructions

- To accurately measure the pulse wave, regularly wipe the sensor part and the belt part with a cloth.
- Especially after exercise or sweating, wipe it clean. Since it has a waterproof function, you can also wipe it with a soft cloth lightly moistened with water.
- Do not use benzene or alcohol.

When in trouble

- If it does not function properly, such as 'it does not enter the measurement mode (blue blinking) even when the power is turned on' or 'the warning display does not disappear even when the function button is pressed', please perform a restart operation.
- To restart, press and hold the 'power button' (for 3 seconds) twice to turn the power off and on. Restarting will initialize the heat risk calculation and clear the measurement time.
- If it still does not function properly after performing the restart operation, please contact the customer center.

About the disposal of this product

This product uses a lithium-ion battery. When disposing of it, please follow the waste disposal and recycling rules of your local area.

Usage Precautions

- This product does not guarantee safety from the risks of extreme heat. Regardless of the product's indications, we strongly recommend taking appropriate rest if you feel unwell.
- This product does not guarantee the state of your health or the presence or absence of any medical conditions.
- The accuracy of pulse wave measurement and calculations may decrease due to dirt on the sensor or improper wearing. Please ensure it is worn correctly and perform regular maintenance.
- If the device becomes hot during use, stop using it and contact the customer service center.
- Due to the nature of the materials, this product may fade, discolor, or change due to moisture, sweat, sunlight, or friction.
- To avoid causing damage, please do not subject the product to strong impacts such as pulling or dropping.
- When using the product, please be cautious as it may catch on or damage surrounding objects.
- Please refrain from using this device for purposes other than measuring pulse waves, as it may cause malfunction.
- The algorithm installed in this product is recommended for use by individuals aged 12 and above.

Specifications

- Product Name : Hamon Band S (Hamon Band S Esu)
- Model Number : MH00-B25
- Main Unit Dimensions : 48×25.5×15.13mm
- Main Unit Material : ABS/57
- Main Unit Weight : Approx. 25g
- Band Dimensions : Wrist Circumference Size 130-220mm
- Band Material : Silicone
- Band Color : Black
- Water and Dust Resistance : IP67
- Continuous Operation Time : Approx. 24 hours
- Operating Environment : -10~50°C
- Battery : 3.7V 150mAh
- Charger : Dedicated Adapter
- Charging Time : 1.5H-2H
- Country of Manufacture : China

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.

MH00-B25

hamon band S 取扱説明書

2025/03/14