



Scan QR Code and Download



USER MANUAL (HZD1917S)



Be endless in advancing

Be tolerant to diversity

Please look up the instruction manual before using.

Basic Layout of Wristband

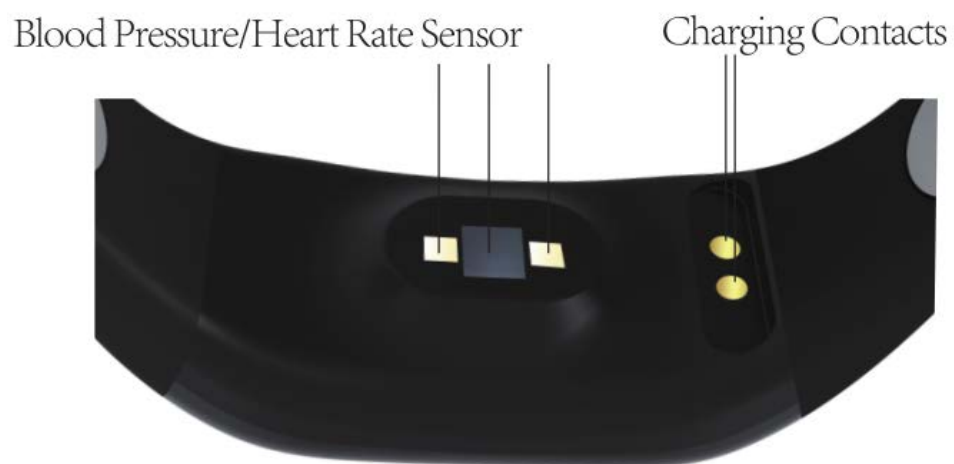


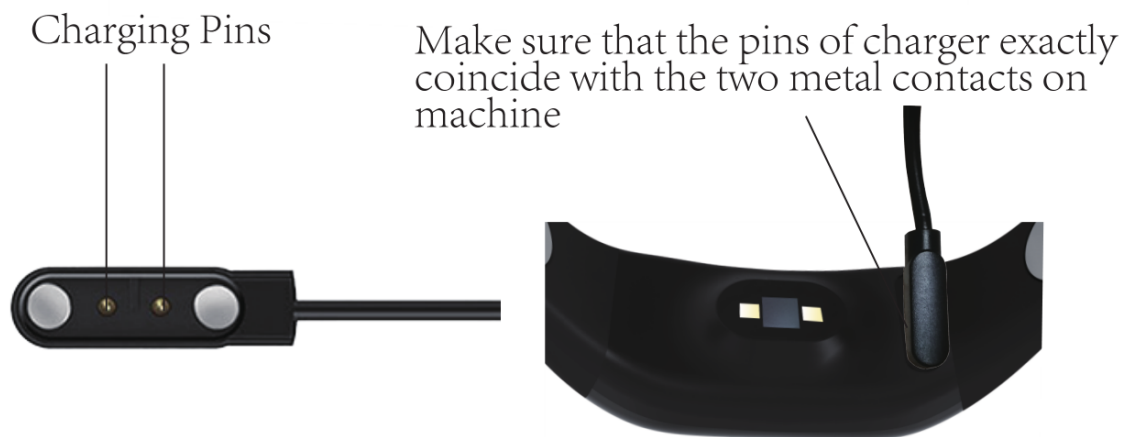
Charging Description of Wristband

Charge the wristband before use

Charging Voltage:5V

Charging Time: About 2 hours





Wristband Interface and Function Description

1. Power ON/OFF ①

Long press the contact button to turn power on/off

2. Time, data and period ②

For first use, please connect it with APP on phone, so as to synchronize the correct time, data and period.



①



②

3. Sport mode ③ ④

Long press the button to enter sport mode, then the heart rate switches

to dynamic heart rate automatically. In this mode, shortly press the touch button to pause. To exit this tab, long press the pause icon .

After  and menu is displayed, long press  to continue or to exit.

In this mode, you can view the current heart rate value, running distance, calories and running time. This heart rate will not be stored to APP.



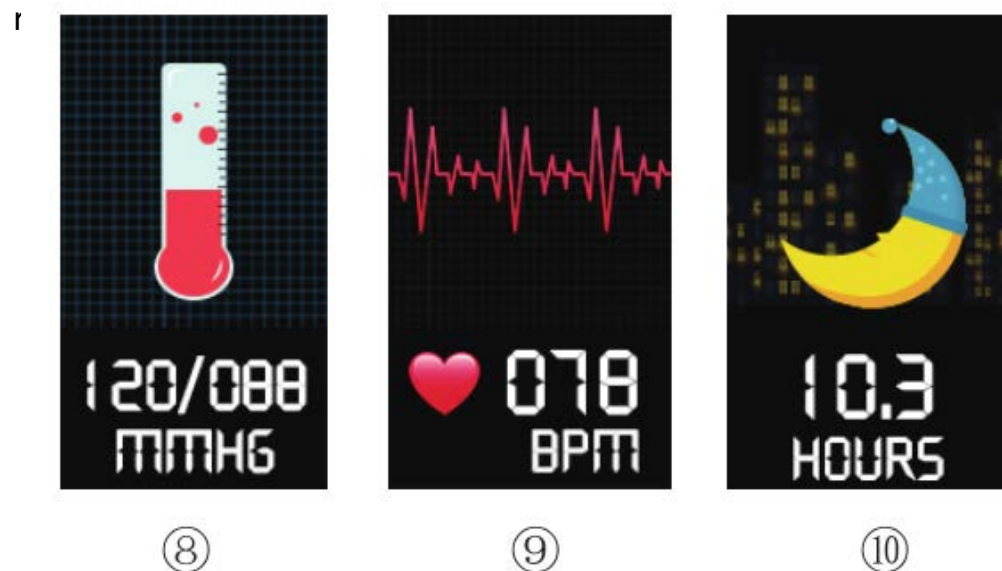
4. Step count ⑤

5. Distance ⑥

6. Calories ⑦

7. Blood Pressure Testing ⑧

Press the touch button to switch to blood pressure interface and the blood pressure icon will start to flash (please wait patiently on this interface until the measurement results are displayed). The manual measurement result on wristband will not be stored in APP. If you need to save, please go to App terminal to perform manual test to turn on the real-time blood pressure in real time. Real-time blood pressure monitoring is performed once every 10 minutes by default and the



8. Heart Rate Testing

As switching to heart rate interface, the corresponding icon will flash (Be sure to wear the wristband 1 CM behind the ulnar style process of wrist ulna and make sure the sensor is firmly attached to your skin) until the result is displayed. This single manual measurement will not be saved to APP. If you turn on real-time heart rate from APP terminal, the wristband

will calculate the average every 30 minutes and save the data to the APP.

9. Sleeping Monitoring

The wristband measures sleeping condition automatically by default, and you can view the historical sleeping data from App terminal.

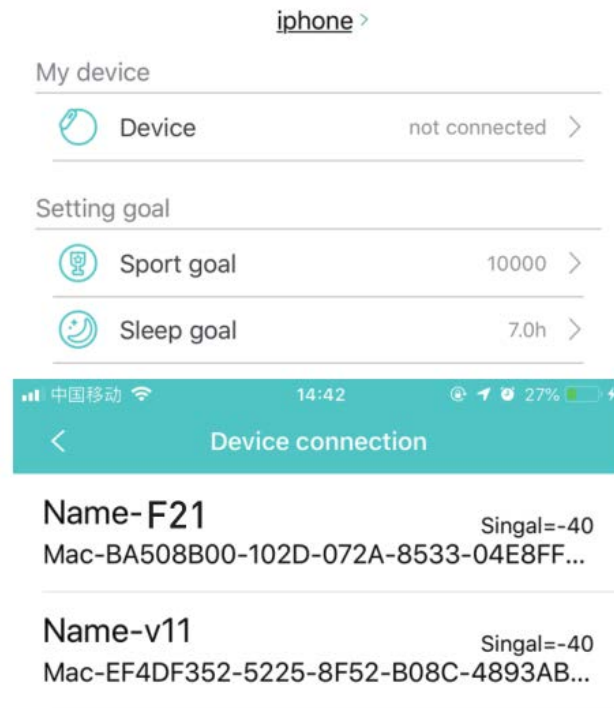
Bluetooth Matching

1. Turn on the wristband
2. Turn on the phone
3. Scan the following QR Code or search “H Band “APP from Apple store/Google play store



Android IOS

4. Turn on the APP to click the connecting device. From the connecting device list , select the corresponding Bluetooth name “F21”. After connection is successful, the wristband will synchronize the time, date, period, etc.



Bluetooth Disconnection

1. Disconnect the Bluetooth from App
2. Turn off the phone background operation
3. Ignore or delete the matched Bluetooth from Bluetooth screen in Phone Setting menu.

APP Function and Interface Description

1. Installation

After installation is finished, input the correct personal information as required and match it with wristband

2. Data Panel

Step amount: View the total of steps, calories, distance, etc.

Sleeping: View the history sleeping data (deep, shallow, waken-up time, etc)

Heart Rate:

- (1) View the average heart rate throughout the day. It can be automatically detected by the wristband and recorded once every 30 minutes.
- (2) You also can click the icon “” to test heart rate manually from APP Terminal. When the measured result is displayed, click the icon manually to stop. This result will not be saved in APP.



Blood Pressure:

- (1) When you turn on the real-time blood pressure, you can view

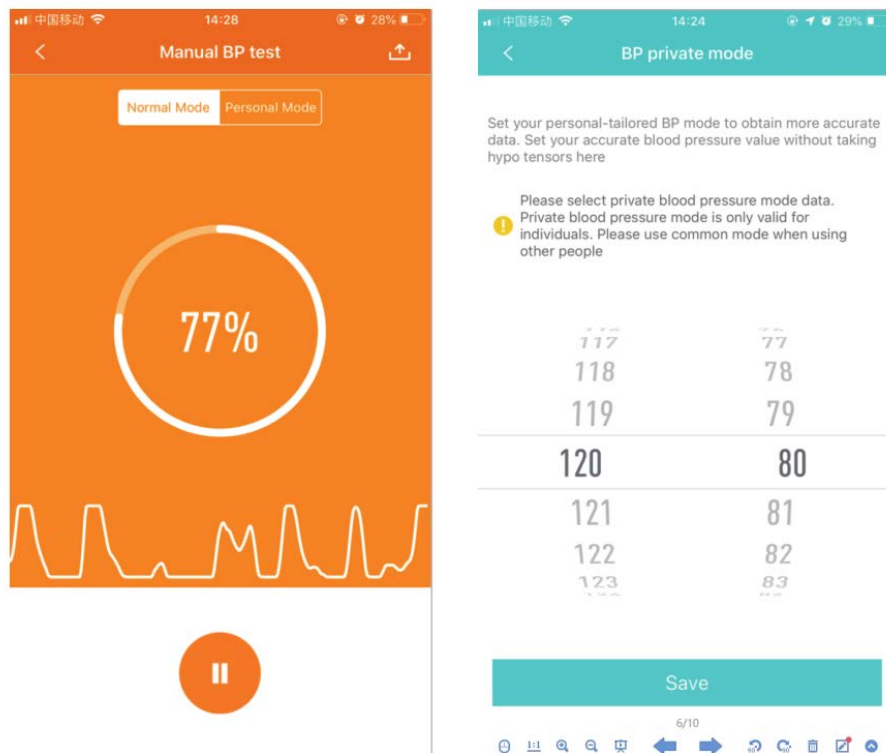
the blood pressure data throughout the day from this interface.

The blood pressure will be measured automatically once every 10 minutes.



(2) Click the icon “” to perform single manual blood pressure test (Please remain still until the result is displayed).

After the test is finished, you can select to save the result or not. There are two modes in this test interface: normal mode and private mode. If you need to use private mode, please set the private blood pressure reference value from APP Setting.



Running Mode

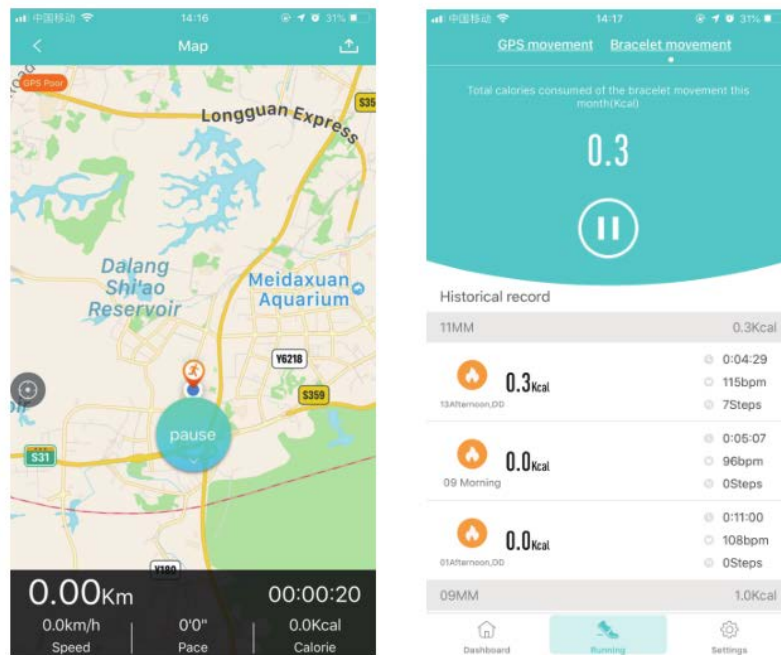
1. GPS exercise

Click the start button to do exercise and allow get location. During the movement, you can view the track, time, speed, speed setting, and calories in real time.

2. Wristband exercise

Click the start button, then the wristband will enter sport mode automatically, in which you can view the real-time heart rate, running time, calories and steps. Running which starts by clicking here will be

saved automatically in APP.



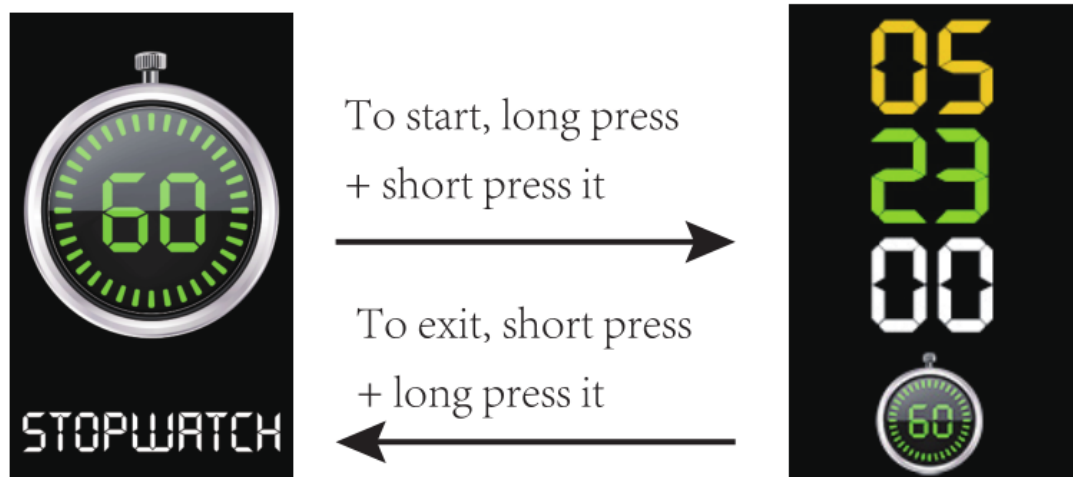
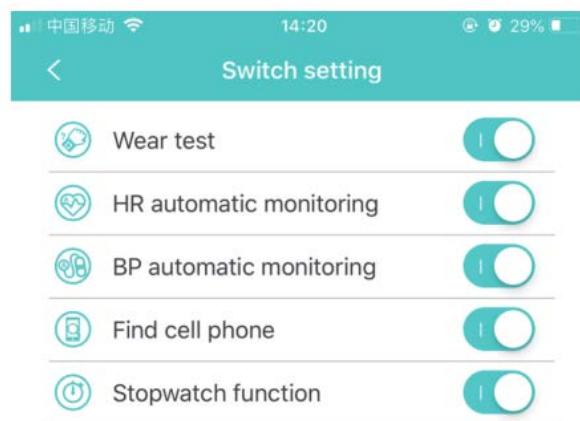
Setting

My device: Click the connecting device. The following functions can be set by clicking the connected device

- (a) Information remind: Select ON to enable each remind function
- (b) Clock setting: Set the clock time
- (c) Long-time setting remind: Set the remind time and interval
- (d) Heat rate alarm: Set the heart rate remind upper limit
- (e) Display illumination as turning wrist: Set display illumination function as raising hand
- (f) Binding device :Synchronize the data to APP as turning on
- (g) Blood pressure private mode: Turn on and set private blood pressure

reference level.

- (h) Switch setting: 1.Wearing test 2.Heart rate auto monitoring (real-time heart rate) 3.Blood pressure auto monitoring (real-time blood pressure) 4.Find phone. 5.Stop watch function (Once the stop watch function is turned on, the wristband will add one stop watch interface. Long press this interface to enter and short press this button to start or stop the stop watch function, the long press this button to exit.)



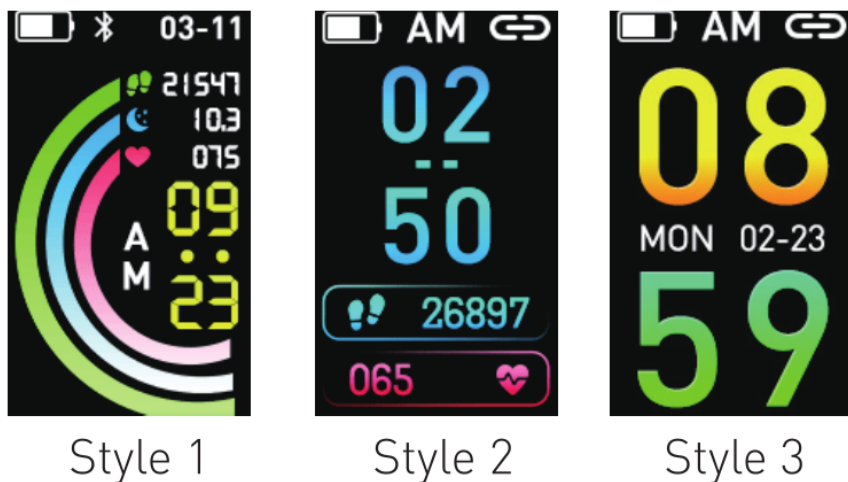
Wristband Interface

- (i) Take photos: Click the wristband button to take photos by controlling phone remotely.

(j) Countdown: Set the countdown time and set to display it on wristband or not.

(k) Reset password : The matching password of wristband can be reset to prevent other phones from pairing with the wristband

(l) Screen style setting: There are 3 options



(m) Firmware update : Update the wristband firmware

(n) Clean data: Reset the wristband to factory setting

Running target: Set every day running target

Sleeping target: Set sleeping target according to your personal situation

Unit Setting: Select British or metric units

WeChat running: Please follow the instructions to connect Wechat running

Note: The green lights of this wristband and sensor will light up every 10 minutes, which are to detect sleeping condition, real-time blood

pressure and real-time heart rate data. This is a normal phenomenon. If you want to turn it off, please turn off the wearing detection, automatic blood pressure and automatic heart rate in Switch Setting of APP.

Parameters

Main chip: Nordic N52832

Screen: 1.14" IPS color screen

Battery: 155 mah

Water-proof level: IP68

Standby time: 7-10 days

Supported phone system: IOS 8.0 or higher, Android 4.4 or higher

Heart rate detection: Support

Display Illumination as turning wrist : Support

Bluetooth version:4.0

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.