

SMART WATCH OPERATING GUIDE



Y25

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

English

---01~11

日本語

---12~22

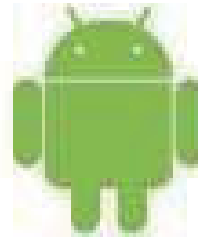
Setting

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.

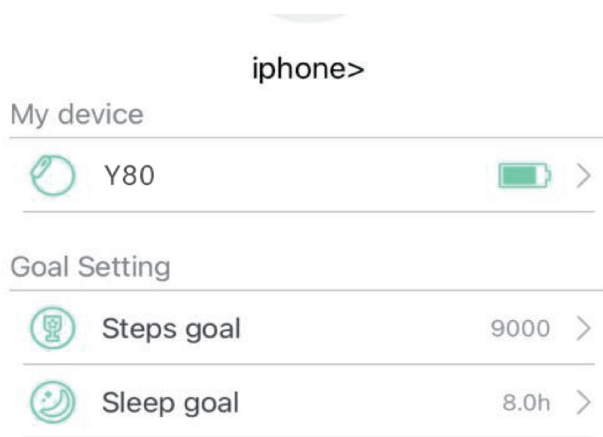


2.Watch and mobile phone binding connection

1.APP connect Y25:

Turn on the Bluetooth of the mobile phone, enter "Mine" in the APP page, find "Device" and click on the name of the device to be connected "Y25". Choose Y25 to connect, please choose to allow access to location information, if there are multiple devices nearby, please filter according to the MAC address of the watch, and the MAC address can be viewed in About Devices in the watch settings function.

Tip: When the APP is linked to the watch, please open the Bluetooth inside the phone settings, find Y25 inside the Bluetooth list and connect it before the watch can make calls and use it as a speaker.



The symbol in the upper left corner is displayed as:  If you see the  symbol it means not connection succeeded, Please try again.

2.Considerations when connecting:

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

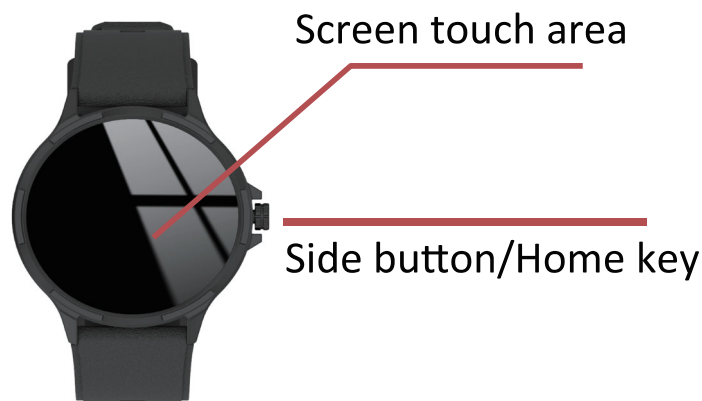
FAQ:

Could not find the device while connecting?

1. Make sure your smartphone's Bluetooth is turned on, and your smartphone's operating system should be Android 4.4 and above; or IOS 8.0 and above.
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.

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



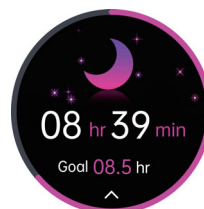
Main Interface



Step counting



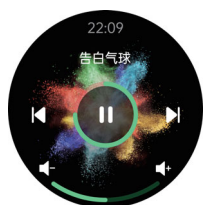
Activity



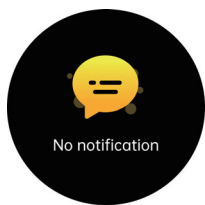
Sleep



Heart rate



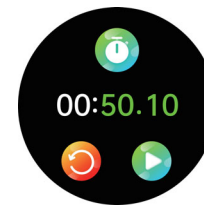
Music



Information
Reminder



Countdown



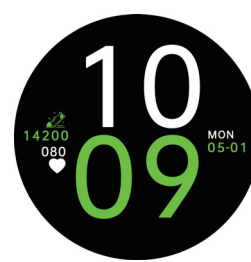
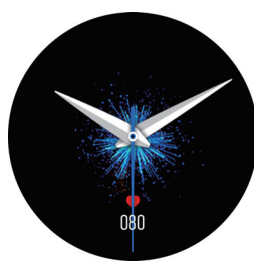
Stopwatch



Blood Glucose
Measurement

Setup Interface

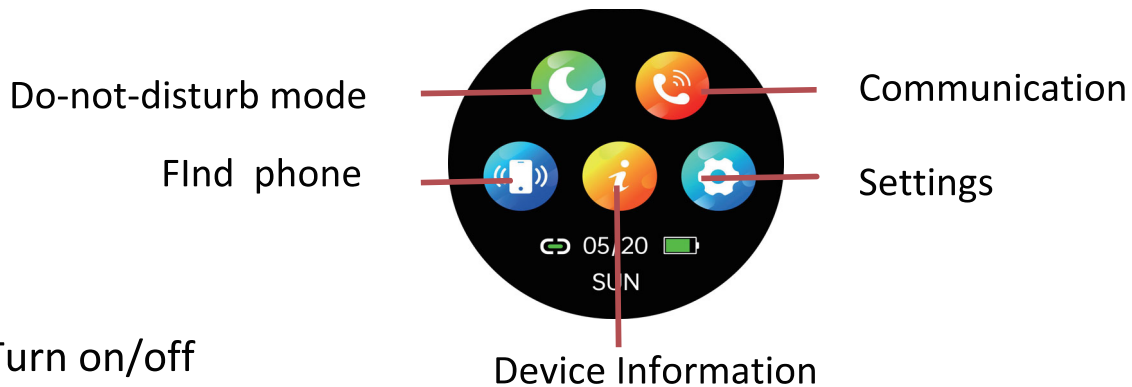
Make sure the watch and APP are connected well. Enter APP , click My Device-Y25-Dial Setting-Select the corresponding style, and the watch screen shows that the replacement was successful.



Screen Operation:
Slide up and down, left and right



(2)Screen drop-down interface function introduction



(3) Turn on/off

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 side button for 4 seconds and slide the screen to turn off the smartwatch.

(4) Function interface

Press the side button to enter the function selection interface, slide up and down to select the desired function for operation, and then press the side button to return to the main interface.



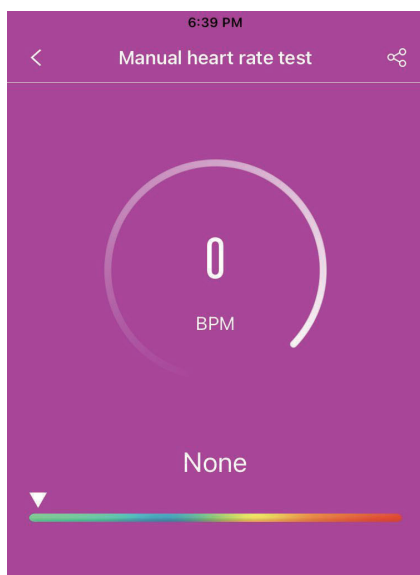
(5) Steps, calories and miles

Enter the step counting screen, which displays the current step count, target progress, calories and distance for the day. the screen will turn off after 5 seconds. The number of steps detected by the acceleration sensor has a small error (within 10%) within a reasonable range.

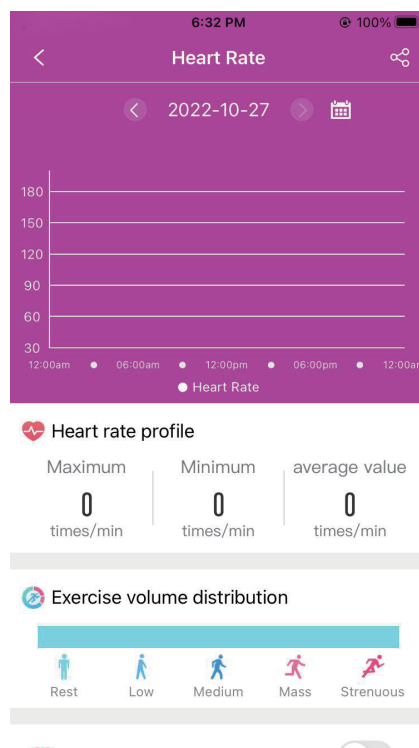


(6) Manual detection and automatic monitoring of heart rate

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-Y25-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

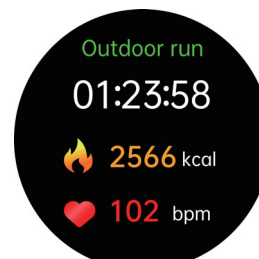
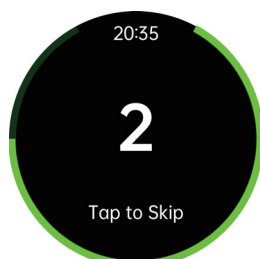


Heart Rate Data Panel

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-Y25-Switch Setting-Automatic Heart Rate Monitoring-Turn
- 3, In order to monitor the heart rate more accurately please make it tighter than usual during exercise.

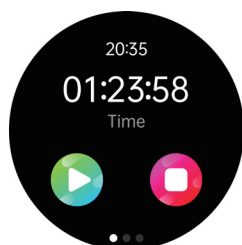
(7) Sport Mode

1. Press the side button briefly to enter the function selection interface and select the sports mode. There are 20 sports modes in total. You can click to select the exercise mode, and the data page will display running time, exercise heart rate, running distance, calories and step count in real time.



2 Exit sport mode

Swipe the screen to the left and tap the icon on the smartwatch to choose to pause/continue and end the exercise



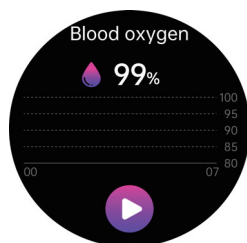
3.Data saving

If the exercise time is less than 1 minute, it will remind the user that the data was not saved successfully.



(8) blood oxygen

Sliding to this page will automatically start measuring the current blood oxygen and will prompt the result.



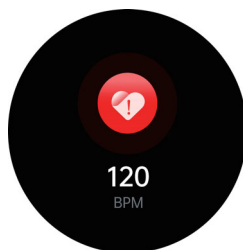
(9) Blood pressure

Sliding to this page to stay, automatically enter the blood pressure measurement, vibration after prompting the measurement results data, can be connected to the APP synchronization measurement or set the timer measurement data



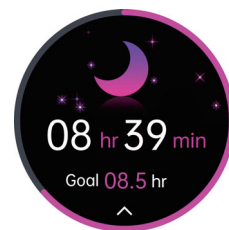
(10) Heart rate alarm

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



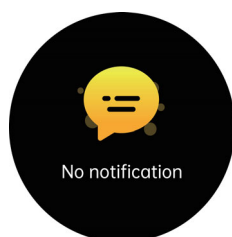
(11) Sleep Monitoring

Go to the sleep monitoring screen, which shows the total sleep time of the previous day. This function will run automatically. Generally, you can know the data 10-30 minutes after waking up.



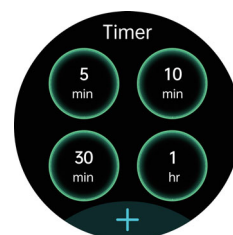
(12) Information Alerts

Open APP-Settings-My Device -Message Reminder Turn on or off the reminder function. If you want to show the message, please set it in the corresponding APP.



(13) Countdown

Press the key on the watch for a short time to select the timer function. After setting the time and pressing "Start", the countdown time will be displayed. At the end of the countdown, it will vibrate and remind. Swipe the screen to the right to exit the countdown.



(14) Music

After the APP is successfully connected to the watch, click the music option in the function interface to play the music from your smartphone.



(15) Blood Glucose Test

Slide the screen left a few times, slide to this page to stay, automatically enter the blood glucose measurement, wait for a while and then display the results: You can also connect the APP to measure in real time or set up all-day timed measurements, and the measurement results will be viewed on the APP. {Go to My Device-Switch Settings-Turn on automatic monitoring can be}. If the measurement is not accurate, you can go to APP private mode to calibrate by blood collection value



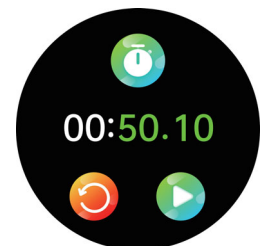
(16) Weather

Display the current city weather conditions. This function needs to be connected to the sync app to work properly. It requires the phone to have GPS on and the APP to have access to the location permission function and network connection.



(17) Stopwatch

Press the watch key briefly to select the stopwatch function, tap the touch key to start running seconds once, then press pause, then press continue, and so on, and slide the screen to the right to exit running seconds. Note: After entering the stopwatch interface, the device will temporarily block all reminders that require and push work to occupy the screen. The maximum time value of the stopwatch is 99 minutes and 59 seconds.



(18) Remote control of smartphone cameras

Connect the watch and open the APP, click "Y25"-Photo, open the camera of your smartphone, select Photo in the watch function option, click the photo icon or shake to take a photo.



(19) Call Reminder

After setting the incoming call alert, the watch will keep vibrating when someone calls. You can mute the call by short pressing the touch button, and reject the call by pressing and holding the touch button. When the call is answered you can set whether the watch answers or the phone answers the call



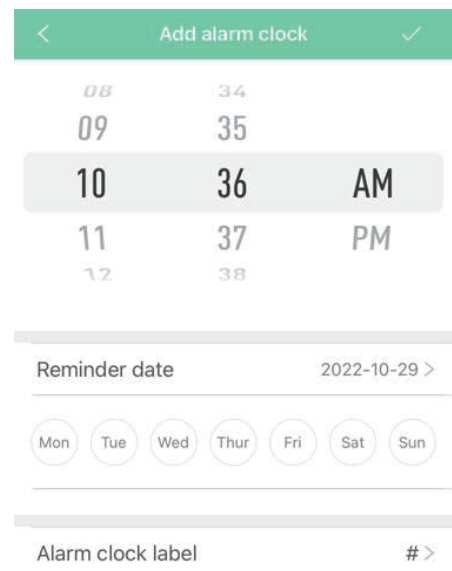
(20) Female Physiological Period

The female function is only available for female users. Only when the app user's gender is set to female, data will be recorded in the female function option. Currently, it supports recording menstruation period, pregnancy preparation period, pregnancy period and baby mama period. You can choose to record according to your specific situation, click into it and fill in your basic information.



(21) Alarm Clock

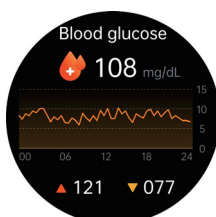
In the app, you can set the alarm clock by selecting the icon on the right. The maximum number of alarms is 10.



Alarm clock detection

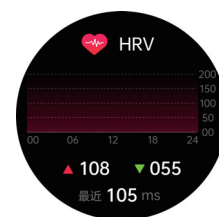
(22) Blood glucose

Sliding to this page will automatically start the current blood glucose measurement and prompt the result.



(23) HRV

The HRV function is monitored from 0pm-6pm at night.



5. Frequently Asked Questions

Q: How to deal with upgrade failure?

A: If the initial upgrade fails, please reconnect 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-Y25-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	Y25
Battery capacity	230mAh
Operating Voltage	3.7V
Data Transmission	BT5.1
Main engine weight	30g
Charging Valtage	5V
Charging Current	100mA
Operating Temperature	-10°C-45C
Waterproofing grade	IP68
Working hours	6days
Working frequency wave	2402-2480MHZ
Display	AOMLED

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

スマートウォッチ操作ガイド



Y25

この度は弊社のスマートウォッチをお買い上げいただき、ありがとうございます。前にこのマニュアルを注意深く読んでください。

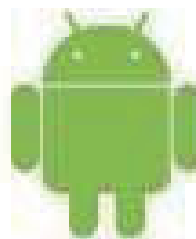
設定

iOSまたはAndroidスマートフォン（タブレット、パソコンを除く）で、以下のようにH Band APPを使用します。

注）スマートフォンのハードウェアおよびシステムは、以下の要件を満たしている必要があります。



iOS 8.0以上 モバイル
Bluetooth 4.0



Android 4.4以上

1. H Band APPの検索とダウンロード

1. iOSの方は、APP Storeから「H Band」を検索してダウンロードしてください。
2. Androidの方は、Google Play、360のアプリケーションマーケット、およびHuawei、Xiaomi、OPPO、Vivoが提供するアプリケーションマーケットで「H Band」を検索し、rtをダウンロード、インストールしてください。QRコードを読み取ってください。スマートフォンのスキャンツールでは、リンクを開くのに問題がある場合があります。リンクをコピーして、ブラウザから開いてください。

