XM 36 智能手表
说明书

在使用前请仔细阅读本用户手册

01.包装清单

手表本体（含表带）x1

充电线x1

手表本体（含表带）x1

02.了解手表

注：如关机状态下，长按电源键没有开机，请先给手表充电后尝试。

03.安装APP

1. 长按电源键开机。
2. 使用手机扫描下方的二维码或者搜索"H Band"，下载并安装APP。

注：如关机状态下，长按电源键没有开机，请先给手表充电后尝试。

04.绑定手机

1. 打开手机上的APP，完成信息设置，根据权限提示选择始终允许和同意。
2. 在APP界面点击去添加和绑定设备，搜索到设备型号XM36-2并点击连接,APP界面显示"已连接"后，此时手机会弹出"是否接受XM36-2的蓝牙配对请求"的弹窗，点击"配对"通话蓝牙。
3. APP蓝牙连接和绑定成功后，手表时间显示正确，APP界面会显示设备型号XM36-2已连接，同时设备的下拉界面的左上角，能看到蓝牙成功连接的蓝色符 ，若连接符号颜色为灰色则表示未连接成功，请重新操作。
4. 通话蓝牙连接成功后，手机设置中的蓝牙界面，已配对的设备/我的设备中会显示XM36-2已连接;若通话蓝牙未连接成功，请重新打开 ~ 电话"开关，在手机设置中的蓝牙界面中重新连接配对。

相关功能根据需求进行设置。

注：本产品为双蓝牙模式：APP蓝牙和通话蓝牙。若通话蓝牙未连接，手表是无法接听，拨打电话和音乐播放。

05. 手表充电

本产品为磁吸式充电，请使用标配的充电适配器进行充电。将充电口对准、贴合充电器上的金属触电，直到手表屏幕出现充电电量指示。

注：1. 请使用包装自带的充电器充电，充电前请擦干充电口。
2. 将USB接口连接输出电流在1A以上的手机充电器或者电脑USB接口进行充电。

06.注意事项

1. 禁止使用充电电压>5V、充电电流>2A的适配器，充电时长大约120分钟左右；
2. 禁止在有水渍的情况下充电；
3. 本产品为电子监测产品，不作为医疗参考，数据仅供参考；
4. 心率测试方法方式：请保持测试时身体放松、静止，测试时也请不要说话；
5. 光电传感器属高敏感元器件，要小心硬物碰伤，佩戴一段时间可能会有汗渍、灰尘附在表面,可用软布定期清洁。
6. 佩戴设备沐浴，游泳民，出汗后，请及时清洁并擦干设备。
7. 避免在桑拿室和蒸气室佩戴设备，以免影响抗水性能，避免在潜水，滑水等高速水流的场景使用该设备。
8. 手表出现死机重启现象，请注意检查手机内存信息清除再试，或退出APP重新打开。

07.基本参数

设备型号：XM36
主控芯片：汇顶5515
工作环境温度：-5°C~45°C
无线连接：BT5.1
输入：5V 150mA MAX
电池容量：230mAh
防水等级：IP67
系统要求：Android5.0以上，IOS9.0以上

XM36
Smart Watch User Manual

Please read the user manual carefully before use

01.Packing list

Watch body
(including strap) *1

Charging line *1

Watch body
(including strap)*1

02. Learn about the watch

Note :If the watch is powered off and does not turn on after long pressing the power button,please charge the watch and try it again.

03. Install the APP

1. Long press the power button to power on the watch
2. Use your mobile to scan the below QR code or search for "H Band" to download and install the APP.

Note :1. For better use experience, please timely upgrade the APP to the latest version as prompted.
2. The system must be Android 4.4 or IOS 9.0 or above.

04. Bind your mobile

1. Open the App on the mobile phone ,complete the information setting,and select always allow and agree according to the permission prompt.
2. Click to add and bind device in the APP interface, search for device model XM26-1 and click connect. After the APP interface shows "connected", the phone will pop up of "Whether to accept BT pairing request of XM26-1", click "Pair" BT calling.
3. After BT and binding of APP are successful, the watch time display is correct, and the APP interface will show that the device model XM26-1 has been connected. Meanwhile, the blue symbol of successful BT can be seen in the upper left corner of the drop-down interface of the device . If the color of the connection symbol is gray , it indicates that the connection is not successful. Please try again.
4. After the BT is successful, XM26-1 is connected to the paired device/my device on the BT screen of mobile phone settings. If the BT is not successful, turn on the "Phone" switch again , reconnect and pair in the BT interface of the mobile phone settings.

Set related functions based on requirements.

Note: This product has dual BT mode: APP BT and BT calling. If the BT is not connected, the watch will not be able to answer the call, make a call and play music.

05. Charge for the watch

This product is magnetic suction charging, please use the standard charging adapter for charging. Align and attach the charging port to the metal touch on the charger until the charge indicator appears on the watch screen.

Note :1. Please use the standard charger that comes with the package to charge, and dry the charging port before charging.
2. Please connect the USB port to the mobile phone charger or computer USB port whose output current is above 1A for charging.

06. Precautions

1. Do not use adapters with charging voltage >5V and charging current >2A.
The charging time is about 120 minutes.
2. Do not charge in the case of water stains;
3. This product is an electronic monitoring product, not as a medical reference, the data is for reference only;
4. Heart rate monitoring method: please keep the body relaxed and still during the test, and please do not talk during the test;
5. Photoelectric sensor is a highly sensitive component,please be careful of hard objects.After wearing for a period of time may have sweat stains, dust attached to the surface,it can be regularly cleaned with a soft cloth.
6. After wearing the equipment for bathing, swimming and sweating, please clean and dry the equipment in time.
7. Avoid wearing the device in the sauna and steam room to avoid affecting the water-resistance performance. Avoid using the device in high-speed water flow scenes such as diving and water skiing.
8. Please check the memory information of the phone and try again or exit the APP and open it again when the watch crashes and restarts.

07. Basic parameters

Device model: XM36
Main control chip: GR5515
Operating temperature :-5°C~45°
Wireless connection: BT5.1
Input: 5V 150mA MAX
Battery capacity: 230mAh
Waterproof grade: IP67
System requirements :Android 5.0 or above, IOS9.0 or above

XM 36S 智能手表
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6. 佩戴设备沐浴，游泳民，出汗后，请及时清洁并擦干设备。
7. 避免在桑拿室和蒸气室佩戴设备，以免影响抗水性能，避免在潜水，滑水等高速水流的场景使用该设备。
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07.基本参数

设备型号：XM36S
主控芯片：汇顶5515
工作环境温度：-5°C~45°C
无线连接：BT5.1
输入：5V 150mA MAX
电池容量：230mAh
防水等级：IP67
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07. Basic parameters

Device model: XM36S
Main control chip: GR5515
Operating temperature :-5°C~45°
Wireless connection: BT5.1
Input: 5V 150mA MAX
Battery capacity: 230mAh
Waterproof grade: IP67
System requirements :Android 5.0 or above, IOS9.0 or above

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.
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.
Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment. RF Exposure Information
The device was evaluated to meet general RF exposure requirements. This equipment should be installed and used with a minimum distance of 0 mm between the radiator and your body.